

Let's talk about stress: stress awareness month: 1st – 30th April

This month at Compass Recovery College, we're talking about stress! We've got a month full of courses to help you learn more about what stress is, the causes and effects, and how to manage it

Problem busting for less stress

2 Weekly Sessions
Starts Monday 19th April
Mondays 2 – 3.15pm

iCare arts workshop

1 Session
Wednesday 21st April
3 – 5pm

Pilates for sitters

6 Weekly Sessions
Starts Thursday 22nd April
Thursdays 12 – 12.45pm

Improvisation workshop

6 Weekly Sessions
Starts Wednesday 28th April
Thursdays 4 – 5pm

Enrol with us, free to join



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