



Compass  
RECOVERY COLLEGE



Reading  
Borough Council  
Working better with you

# Wellbeing Welcome 14th September



This workshop serves as an introduction to Compass Recovery College and is a good place to start if you are completely new to us.

We will look at what recovery means in the context of mental health challenges, strategies for improving your personal wellbeing and how Compass can support you in your recovery journey.

Wednesday 14 September  
1 session  
Reading Central Library  
12 - 1.30 PM

**Enrol with us, free to join**



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