



Compass
RECOVERY COLLEGE

 **Reading**
Borough Council
Working better with you

Wellbeing Welcome: From 11th January



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.

1 session
Wednesday 11th January 2023
12 - 2pm
Online



Enrol with us, free to join

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