| MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17th June **Introduction to Indoor Farming** 3pm – 4:30pm @ Library Space, 86 Old Montague St, E1 5NN	18th June **Dealing with Depression & Anxiety (Day 1)** 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	19th June	20th June	21st June
24th June	25th June **Dealing with Depression & Anxiety (Day 2)** 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	26th June **Understanding Sleep** 10am – 4pm @ Bede Community Centre, 9 Bede Square, Joseph Street, E3 4GY	27th June	28th June **LGBTQ+ and Identity** 10am – 4pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG
1st July	2nd July	3rd July	4th July	5th July **PRIDE DAY** see poster for more details 9:30am – 4pm @ 86 Old Montague St, E1 5NN
8th July	9th July **Art for Recovery** 10am – 4pm @ Southern Grove Community Centre, Southern Grove, E3 4FX	10th July **Connecting with Nature (Day 1)** 10am – 4pm @ Wellbeing Garden - Mudchute Farm, @ Pier Street, E14 3HP	11th July	12th July **Carers Caring for Themselves** 11am – 1:30pm @ Carers Centre Tower Hamlets, 21 Brayford Square, E1 0SG

To enrol onto a course please
Visit: https://thrc.studioreception.net/
Call: 0207 426 2332
Email: elft.thrc@nhs.net
Text: 07796 262982

Colour Key
Discover Yourself
Understanding Health
Life Skills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15th July	16th July **Understanding & Managing ADHD** <u>Online Zoom Course</u> 6:00pm – 8:00pm	17th July **Connecting with Nature (Day 2)** 10am – 4pm @ **Wellbeing Garden - Mudchute Farm, @ Pier Street, E14 3HP**	18th July **Islam & Recovery** 10am – 4pm @ **Seminar Room, London Muslim Centre, 46 Whitechapel Road, E1 1JX**	19th July **Creative Writing for Recovery** 10am – 4pm @ **Scott Room, Oxford House, Derbyshire St, E2 6HG**
22nd July	23rd July **Understanding & Managing ADHD** <u>Online Zoom Course</u> 6:00pm – 8:00pm	24th July	25th July **Introduction to Recovery Principles** 11am – 1pm @ **Multi-Purpose Room, Mile End Hospital Bancroft Road, E1 4DG**	26th July **Understanding Psychosis** 10am – 4pm @ **Large Meeting Room, 86 Old Montague Street, E1 5NN**
29th July	30th July **Understanding & Managing ADHD** <u>Online Zoom Course</u> 6:00pm – 8:00pm	31st July	1st August	2nd August **Crochet for Recovery (Beginners)** 11am – 4pm @ **St Luke's Millwall, Alpha Grove, London, E14 8LH**
5th August	6th August **Understanding & Managing ADHD** <u>Online Zoom Course</u> 6:00pm – 8:00pm	7th August	8th August	9th August **Crochet for Recovery (Beginners)** 11am – 4pm @ **St Luke's Millwall, Alpha Grove, London, E14 8LH**
12th August	13th August	14th August **Sewing for Recovery (Day 1)** 10am – 4pm @ **Large Meeting Room, 86 Old Montague Street, E1 5NN**	15th August **Sewing for Recovery (Day 2)** 10am – 4pm @ **Large Meeting Room, 86 Old Montague Street, E1 5NN**	16th August