

North Tyneside Recovery College

Workshops and courses coming soon

- To help you feel more confident in the self-management of your **Mental Health and Wellbeing**
- To increase your knowledge and skills, whilst focusing on your strengths, identity and potential

We want to hear from you if you are interested in being a...

Student?

We want to hear about your ideas, opinions, likes and needs to help us create courses that serve you, as an individual, and our wider community.

Volunteer?

Have you lived experience?
Are you a professional or training for a professional qualification?
Would you like to volunteer or facilitate a course?

Interested?

Join us for a cuppa and a chat
Tuesdays and Wednesdays
anytime between 9am and 12.30pm
from 2nd to 17th July 2019

The Hub, The Linskill Centre, Linskill
Terrace, North Shields, NE30 2AY



Can't make those dates? Contact Ali Donkin

on 0191 643 2626 or ali.donkin@voda.org.uk