



Recovery College @Chai Centre

Courses & Groups- June 2023

						Thursday 1 st June		Friday 2 nd June		
Have u visited our renovated RC @Chai Centre Pop down for a brew and a chat Come and enrol to our new classes and groups We would like you to let us know which courses you would like running from Chai Centre						Calico Refugees Drop In		10:00am-2:00pm	Chat Play And Read	9:30am-10:30am
						Ladies Circuit Class		1:00pm-2:00pm		
						Counselling Class		09:30am-2:00pm		
Monday 5 th June		Tuesday 6 th June		Wednesday 7 th June		Thursday 8 th June		Friday 9 th June		
Baby and Parent Group	1:15pm-3:00pm	Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am	
		Learn Maths	10:00am-12:00pm	Learn English	10:00am-12:00pm	How To Cope With Stress In Urdu	1:00pm-2:00pm			
		Self Defence Class	1:00pm-2:00pm			Ladies Easy Circuit Class	1:00pm-2:00pm			
Monday 12 th June		Tuesday 13 th June		Wednesday 14 th June		Thursday 15 th June		Friday 16 th June		
Baby and Parent Mini Move & Groove	1:15pm-3:00pm	Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop In	10:00am-2:00pm	Chat Play And Read	9.30am-10:30am	
		Self Defence Class	1.00pm-2.00pm	Learn English	10:00am-12:00pm	Ladies Circuit Class	1:00pm-2:00pm			
		Learn Maths	10:00am-12:00pm	Mental Awareness Session In Urdu	2:00pm-3:00pm	Counselling Class	9:30am-2:00pm			
Monday 19 th June		Tuesday 20 th June		Wednesday 21 st June		Thursday 22 nd June		Friday 23 rd June		
Baby and Parent Mini Move & Groove	1:15pm-3:00pm	Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Calico Refugees Drop in	10:00am-2:00pm	Chat Play And Read	9:30am-10:30am	
Ladies Tone Zone	10.00am-11.00am	Self Defence Class	12:00pm-2:00pm	Learn English	10:00am-12:00pm	Ladies circuit Class	1:00pm-2:00pm			
		Learn Maths	10:00am-12:00pm	Colourful Footsteps SEND	3:30pm-5:00pm	Counselling Class	9:30am-2:00pm			
Monday 26 th June		Tuesday 27 th June		Wednesday 28 th June		Thursday 29 th June		Friday 30 th June		
Baby and Parent Mini Move	1:15pm-3:00pm	Suicide Bereavement Support Group	12:00pm-2:00pm	Baby Massage	9:30am-10:30am	Ladies circuit class	1:00pm-2:00pm	Chat Play And Read	9.30am-10:30am	
				Counselling Class	9:30am-2:00pm					
Ladies Tone Zone	10:00am-11:00am			Learn English	10:00am-12:00pm	Calico Refugees Drop In	10:00am-2:00pm			

Please call us with any enquires on –01282 628530

Recovery College@Chai Centre, Hurtley Street,Burnley,BB10 1BY

For online Recovery College Sessions, please visit
www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559

LSCFT Recovery College
 @LSCFTCollege
www.lscft.nhs.uk/Lancashire-recovery-college

