



WHAT'S ON

4th May – 15th May

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| Thursday 7 th May | Understanding your Medication: 2pm – 3pm
@ Zoom |
| Tuesday 12 th May | Coping with Panic: 2pm-3pm
(x 4 weeks) @ Zoom |
| Friday 15 th May | Coping with Stress: 2pm-3pm
(x 4 weeks) @ Zoom |

Also coming online in May....

- Compass Quiz
- Growing Flowers, Fruit and Vegetables in Small Spaces
- A Good Night's Sleep (4x 40 minute sessions over 2 weeks)
- Compass Creatives – Collage and Papier Mache – find out how, have a go, share your work and ideas

Please get in touch if you would like to know more.

We look forward to hearing from you!

Phone: 07739 823140 or

Email: compass.opportunities@reading.go.uk

www.compassrecoverycollege.uk