

Gwent Recovery College

2nd Pilot Course

Recovery & Identity

(Time credit scheme available)



Being – Belonging - Becoming

WHAT IS A RECOVERY COLLEGE?

A recovery college provides free educational courses on a range of mental health, physical health and well being topics for any student, including staff, people with lived experience, carers or members of the public.

The courses are co-produced and delivered in partnership.

What is happening right now?

A course on **Recovery and Identity** which has been co-produced and quality assured will be co-facilitated by experts in experience and practice.

Come and join as a student for the day!



WHEN: 1st July 2025



TIME: 10:00am – 1:00pm



WHERE: Abergavenny Well Being and Information Centre
Town Hall, 61 Cross Street, Abergavenny, NP7 5EH



Please note spaces are limited and will be booked on a first come first serve basis

How do I get involved?

Please contact:

ABB.RECOVERYCOLLEGEMODELPROJECT@WALES.NHS.UK