



The Hope Programme was developed by Coventry University and is delivered under current licence from Hope For The Community CIC.



*Free 6 weeks self-management programme to support you in **making new connections & learn new skills to self-manage your life.***

HOPE for those experiencing Isolation | Tuesday weekly sessions 10:00 – 12:30
Wadebridge Family Hub, PL27 7AL
14th April | 21st April | 28th April | 5th May | 12th May | 19th May

HOPE for those experiencing Anxiety | Friday weekly sessions 10:00 – 12:30
Pool Family Hub, TR15 3JL
24th April | 1st May | 8th May | 15th May | 22nd May | 29th May

HOPE for Survivors of Domestic Abuse | Friday weekly sessions 10:00 – 12:30
Hayle Family Hub, TR27 4ND
1st May | 8th May | 15th May | 22nd May | 29th May | 5th June

HOPE for Disordered Eating | Thursday weekly sessions 10:00 – 12:30
Pentreath, Harrison House, Truro TR4 9LF
11th June | 18th June | 25th June | 2nd July | 9th July | 16th July

HOPE for LGBTQ+ Community & Allies | Wednesday weekly sessions 10:30 – 13:00
Health Hub, Launceston, PL15 9HH
17th June | 24th June | 15th July | 22nd July | 19th August | 26th August

HOPE for those with Neurodiversity | Monday weekly sessions 13:30 – 16:00
Pendennis Community Centre & Café, Falmouth, TR11 4NG
6th July | 13th July | 20th July | 27th July | 3rd August | 10th August

For more information and to book courses:
www.pentreath.co.uk/recovery-college-cornwall

