

Online Mindfulness with ReCoCo

Online Mindfulness sessions via Zoom for ReCoCo users.

Sessions are held every Monday to Friday from 11.30am to 12.30pm

Last updated: June 11, 2020

Organiser: ReCoCo: The Recovery College Collective

Useful Organisations

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

Website: <http://www.recoverycoco.com/>

Telephone: 0191 261 0948