

SYDNI Centre, Cottage Square (off Marloes Walk), Sydenham, Leamington Spa CV31 1PT:

An Introduction to Recovery, Co-production and the Recovery and Wellbeing Academy – 1 Session – Thursday 4th April, 10am – 12noon

Coping with Low mood and Depression – 5 Weekly Sessions – Thursday 4th April, 1pm – 3pm

Bereavement (by Mary Ann Evans) – 1 Session – Friday 3rd May, 10am – 1pm

Building Assertiveness Skills – 5 Weekly Sessions – Thursday 16th May, 1pm – 3pm

Recognising and Managing Stress and Building Resilience – 1 Session – Thursday 11th July, 10am – 3pm

Outdoor Classroom, Foundry Wood, Princes Drive, Leamington Spa CV32 6AF:

Five Ways to Wellbeing in the Woods (by ARC) - 1 Session – Tuesday 14th May, 10:30am – 12:30pm

Five Ways to Wellbeing in the Woods (by ARC) – 1 Session - Tuesday 9th July, 10:30am – 12:30pm

St Nicholas Park Leisure Centre, Banbury Road, Warwick, CV34 4QY

Supporting Health and Promoting Exercise (by Sky Blues in the Community) – 12 Sessions – Tuesday 4th, 11th, 18th, 25th June, 2nd & 9th July, 1pm – 2:30pm and Thursday 6th, 13th, 20th, 27th June, 4th & 11th July, 12:30pm - 2:30pm

The Gap Community Centre, 39 Oakwood Grove, Warwick CV34 5TD:

Improving Confidence and Self-Esteem - 5 Weekly Sessions – Wednesday 3rd April, 10am - 12noon

Building Assertiveness Skills – 5 Weekly Sessions – Wednesday 15th May, 10am – 12noon

Exploring Spirituality – 1 Session – Wednesday 19th June, 12:30pm to 2:30pm

Online registration:

Visit: <https://recoveryandwellbeing.covwarkpt.nhs.uk>

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626 or Call: 024 7622 9988



At Tyler House, Tyler Street, Stratford-upon-Avon, CV37 6TY:

Building Assertiveness Skills – 5 Weekly Sessions Wednesday 3rd April, 1pm – 3pm

Coping with Low Mood and Depression – 5 Weekly Sessions, Wednesday 15th May, 1pm – 3pm

Be Universal Credit Confident (by DWP) – 1 Session – Wednesday 12th June, 10am – 12noon

Our Academy is not a School, College or Academy in the traditional sense of the word, you don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy delivers a learning approach to personal recovery and wellbeing that is offered by a partnership of organisations across Coventry and Warwickshire. We offer a wide range of FREE courses and workshops designed to empower you to become an expert in your own recovery and wellbeing.

For Course Descriptions please see website below:

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