

Rugby Wellbeing Hub, 28 Cromwell Road, Rugby, CV22 5LY:

Improving Confidence and Self-Esteem - 5 Weekly Sessions – Tuesday 2nd April, 10am to 12noon

Coping with Caring (by Carers Trust) - 1 Session - Friday 5th April, 10am – 12:30pm

Empower Yourself: Know your Rights (by VoiceAbility) – 1 Session – Monday 8th April, 10am – 12noon

Building Assertiveness Skills – 5 Weekly Sessions – Tuesday 14th May, 10am – 12noon

The Effects of Social Media on mental wellbeing – 1 Session – Friday 17th May, 10am – 12:30pm

Money Management (by Coventry Building Society) – 1 Session – Tuesday 18th June, 10am – 12pm

Introduction to Mindfulness – 1 Session – Wednesday 3rd July, 10am – 1:30pm

Change Grow Live, 35-37 Albert Street, Rugby, CV21 2SG:

Substance Use in Mental Health – 1 Session – Wednesday 17th April, 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:

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626 or Call: 024 7622 9988

