

Nuneaton Wellbeing Hub, Newtown Chambers, Suite 3, Corporation St, CV11 5XR:

Anxiety Management and Relaxation – 5 Sessions, Thursday 4th April, 9:30am - 11:30am

Coping with Low Mood and Depression – 5 Weekly Sessions – Thursday 16th May, 9:30am – 11:30am

Understanding Psychosis – 1 Session – Friday 7th June, 10am – 12:30pm

Understanding Personal Independence Payment (by DWP) – 1 Session – Tuesday 11th June, 9:30am - 11:30am

Managing Emotions – 5 Sessions – Friday 14th June, 10am – 12noon

An Introduction to Volunteering in Warwickshire (by Warwickshire CAVA) - 1 Session – Tuesday 25th June, 10am – 12noon

Goal Setting for Mental Wellbeing - 1 Session – Thursday 27th June, 10am - 12noon

Veterans Contact Point, Armed Forces Centre, 31 Bentley Rd, Nuneaton, CV11 5LR:

Back on the Right Foot: Veterans Moving Forward Together (by Veterans Contact Point & CWPT) – 6 Weekly Sessions – Thursday 16th May, 10am – 2pm

Bedworth Methodist Church, Mill St, Bedworth CV12 8JZ:

Building Assertiveness Skills – 5 Weekly Sessions – Thursday 4th April, 1pm - 3pm

Anxiety Management and Relaxation – 5 Weekly Sessions – Thursday 16th May, 1pm – 3pm

Stockingford Early Years Centre & Library, St Pauls Road, Nuneaton, CV10 8HW

Mental Wellbeing in Pregnancy – 1 Session, Friday 10th May, 10am – 12:30pm

Mental Wellbeing in Pregnancy – 1 Session, Tuesday 23rd July, 12:30pm to 3pm

The Warren, Mary Ann Evans Hospice, Eliot Way, Nuneaton, CV10 7QL:

Bereavement (by Mary Ann Evans) – 1 Session - Thursday 9th May, 4pm – 7pm

Bereavement (by Mary Ann Evans) – 1 Session - Wednesday 26th June, 9am – 12noon

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626 or Call: 024 7622 9988

Ratcliffe Centre, Ratcliffe Road, Atherstone CV9 1LF:

Anxiety Management and Relaxation – 5 Weekly Sessions – Friday 5th April, 10am – 12noon (one week break for good Friday 19/04/19)

Improving Confidence and Self-Esteem – 5 Weekly Sessions – Friday 17th May, 10am – 12noon

Easy Exercise for Wellbeing – 1 Session – Friday 24th May, 12:30pm – 2:30pm

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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