

**Cooper's Lodge, 61 St. Nicholas St, Radford, Coventry CV1 4BN:**

**Breaking Barriers to Work** - 2 Weekly Sessions - Monday 8<sup>th</sup> April , 10am – 12noon

**Positive Thinking** - 1 Session - Monday 8<sup>th</sup> April, 12.30pm – 2.30pm

**Obsessions and Compulsions** - 2 Weekly Sessions - Thursday 11<sup>th</sup> April, 10am – 12noon

**Sleep Problems** - 1 Session - Thursday 11<sup>th</sup> April, 12.30pm – 2.30pm

**Improving Motivation** - 1 Session - Monday 15<sup>th</sup> April, 12.30pm – 2.30pm

**Cook Together Eat Together (by Groundwork)** - 6 Weekly Sessions - Wednesday 17 April 10am – 12noon

**Anxiety Management and Relaxation** - 5 Weekly Sessions - Thursday 25<sup>th</sup> April, 10am – 12noon

**Coping with Low Mood and Depression** - 5 Weekly Sessions - Thursday 25<sup>th</sup> April, 12.30pm – 2.30pm

**Anxiety Management and Relaxation** - 5 Weekly Sessions - Wednesday 1<sup>st</sup> May, 12.30 – 2.30pm

**An Introduction to Volunteering in Coventry (by Voluntary Action Coventry)** – 1 Session – Friday 10<sup>th</sup> May, 10am – 12noon

**Dementia Friends (by Dementia Friends)** – 1 Session – Tuesday 14<sup>th</sup> May, 10am – 11am

**Anxiety Management and Relaxation** - 5 Weekly Sessions - Friday 17<sup>th</sup> May, 12.30 – 2.30pm

**Coping with Low Mood and Depression** - 5 Weekly Sessions - Monday 3<sup>rd</sup> June, 10am – 12noon

**Anxiety Management and Relaxation** - 5 Weekly Sessions - Monday 3<sup>rd</sup> June, 12.30pm – 2.30pm

**Cook Together Eat Together (by Groundwork)** - 6 Weekly Sessions - Wednesday 5<sup>th</sup> June 10am – 12noon

**Building Assertiveness Skills** - 5 Weekly Sessions - Thursday 6<sup>th</sup> June, 10am – 12noon

**Improving Confidence and Self-Esteem** - 5 Weekly Sessions - Thursday 6<sup>th</sup> June, 12.30pm – 2.30pm

**A Mindful approach to Anxiety & Low Mood** – 3 Weekly Sessions - Monday 8<sup>th</sup> July, 10am – 12noon

Online registration:

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

Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)

Call: 0300 303 2626 or Call: 024 7622 9988

**The Caludon Centre, Clifford Bridge Rd, Coventry, CV2 2TE:**

**NEW: Exploring Spirituality** – 1 Session - Monday 1<sup>st</sup> April, 4 - 6pm

**Goal Setting for Mental Wellbeing** – 1 Session - Monday 8<sup>th</sup> April, 4pm – 6pm

**Bereavement (by Mary Ann Evans Hospice)** – 1 Session – Wednesday 10<sup>th</sup> April, 4pm – 7pm

**Improving Motivation** – 1 Session - Monday 15<sup>th</sup> April, 4pm – 6pm

**Positive Thinking** – 1 Session - Monday 29<sup>th</sup> April, 4pm – 6pm

**Understanding Bipolar** – 1 Session – Wednesday 1<sup>st</sup> May – 4pm – 6:30pm

**Empower Yourself: Know your Rights (by VoiceAbility)** – 1 Session – Wednesday 8<sup>th</sup> May, 1pm – 3pm

**NEW: Managing Emotions** – 5 Weekly Sessions – Wednesday 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> and Monday 13<sup>th</sup> & 20<sup>th</sup> May, 4pm – 6pm

**Volunteering for Coventry and Warwickshire Partnership Trust (CWPT)** – 1 Session – Monday 20<sup>th</sup> May, 1pm – 3pm

**The Effects of Social Media on Mental Wellbeing** – 1 Session - Monday 3<sup>rd</sup> June, 4pm – 6:30pm -

**Be Universal Credit Confident (by DWP)** – 1 Session – Wednesday 5<sup>th</sup> June, 1pm – 3pm

**Jargon Busting in Mental Health Services** – 1 Session - Wednesday 5<sup>th</sup> June, 4pm – 6pm

**Relapse Management: creating a personalised relapse plan to help prevent mental health decline** – 3 Weekly Sessions - Monday 10<sup>th</sup> June, 4pm – 6pm

**Writing for Wellbeing** – 3 Weekly Sessions - Wednesday 12<sup>th</sup> June, 4pm – 6pm

**Understanding Personal Independence Payment (by DWP)** - 1 Session – Wednesday 19<sup>th</sup> June, 1pm – 3pm

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**Change, Live, Grow (cgl), 1A Lamb St, Coventry CV1 4AE:**

**Substance Use and Mental Health** – 1 Session – Tuesday 21<sup>st</sup> May, 1pm – 3pm

**Wayside House, Wilsons Lane, Coventry, CV6 6NY:**

**Suicide Awareness Training** – 1 Session – Thursday 11<sup>th</sup> April – 1pm – 3pm

**Methodist Central Hall, Warwick Lane, Coventry CV1 2HA:**

**Anxiety Management and Relaxation** - 5 Weekly Sessions - Wednesday 5<sup>th</sup> June, 7:15pm – 9:15pm

**Arty-Folks, 1<sup>st</sup> floor Eaton House, 1 Eaton Rd (by Coventry Railway Station), CV1 2FJ:**

**The Fine Art to Wellbeing (by Arty-Folks)** – 3 Weekly Sessions – Monday 1<sup>st</sup> April, 1pm - 3pm

**Brandon Marsh Nature Reserve, Brandon Lane, Coventry, CV3 3GW:**

**The Environment and Me (by Warwickshire Wildlife Trust)** – 6 Weekly Sessions – Friday 26<sup>th</sup> April, 11:30am – 2:30pm (transport can be provided from Coventry and Warwickshire MIND, Melbourne Gardens, Windsor Street, Spon End, Coventry, CV1 3BT. Pick up 11am and drop off at 3pm)

**The Environment and Me (by Warwickshire Wildlife Trust)** – 6 Weekly Sessions – Friday 14<sup>th</sup> June, 11:30am – 2:30pm (transport can be provided from Coventry and Warwickshire MIND, Melbourne Gardens, Windsor Street, Spon End, Coventry, CV1 3BT. Pick up 11am and drop off at 3pm)

**Coventry Central Library, Smithford Way, Coventry, CV1 1FY:**

**Writing for Wellbeing** – 3 Sessions – Monday 10<sup>th</sup> June, 10am – 12noon -

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Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)

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Spring 2019 - Courses Available in:  
Available in: Coventry (other)

**Alan Higgs Centre, Allard Way, Coventry, CV3 1HW**

**Supporting Health and Promoting Exercise (SHAPE)** – 12 Sessions - **Tuesday** 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> September & 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> October and **Thursday** 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> September & 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> October - 12:30 – 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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