

Adult Education Centre, Telfer Road, Radford, Coventry, CV6 3FA:

Positive Family Foundations (NEW) (by Coventry Adult Education Service) – 11 weekly sessions – starting Tuesday 17th September, 6pm to 8pm ([evening session](#))

Positive Family Foundations- Secondary Aged (NEW) (by Coventry Adult Education Service) – 11 weekly sessions – starting Tuesday 17th September, 6pm to 8pm ([evening session](#))

Allesley Park Neighbourhood Centre, 2 Whitaker Road, Coventry, CV5 9JE:

Bereavement (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 11th November, 12pm to 4pm

An Introduction to Personality and Complex Trauma (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 21st November, 10:30am to 1:30pm

LGBT+ Awareness Training (by Warwickshire Pride) – 1 session – Thursday 28th November, 10:30am to 1:30pm

Broad Steet Adult Education Centre, 161 Broad St, Foleshill, Coventry, CV6 5BN:

Positive Family Foundations (NEW) (by Coventry Adult Education Service) – 11 weekly sessions – starting Tuesday 17th September, 9:30am to 11:30am

Coffee Tots, The Wave Waterpark, New Union St, Coventry, CV1 2PS:

Positive Family Foundations (NEW) (by Coventry Adult Education Service) – 11 weekly sessions – starting Wednesday 18th September, 12:30pm to 2:30pm

Valley House, 55-57 Bell Green Road, Coventry, CV6 7GQ:

Introduction to Mindfulness (by Coventry & Warwickshire Partnership NHS Trust) - 1 session – Tuesday 19th November, 10am to 1pm

Voluntary Action Coventry, Harp Place, 2 Sandy Lane, Coventry, CV1 4DX:

An Introduction to Volunteering in Coventry (by Voluntary Action Coventry) – 1 session – Wednesday 23rd October, 11am to 1pm

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

Wellington Gardens, Windsor Street, Coventry, CV1 1BT:

Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Thursday 19th September, 10am to 12pm

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 and to enrol, please see website below:

Online registration:

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