

Bulkington Community Centre, School Road, Bulkington, CV12 9JB:

Better Body Image (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 12th March, 10am to 2pm

Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 19th March, 4pm to 8pm (**evening session**)

Veterans Moving Forward: Building a Brighter Future (by Help for Heroes) – 6 weekly sessions – starting Tuesday 29th April, 10am to 1pm

The Retreat, Gethin House, 36 Bond Street, Nuneaton, CV11 4DA:

Sleep (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 26th March, 1pm to 3pm

Understanding how to Tolerate Distress (by Coventry & Warwickshire Partnership NHS Trust) – 3 weekly sessions – starting Wednesday 2nd April, 10am to 12pm

Better Body Image (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 30th April, 10am to 2pm

Rugby Library, Little Elbow Street, Rugby, CV21 3BZ:

An Introduction to Personality and Complex Trauma (by Coventry and Warwickshire Partnership NHS Trust) – 1 session – Tuesday 15th April, 1pm to 4:30pm

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 and to enrol, please see website below:

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626