

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

Understanding Psychosis (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 24th September, 10am to 12:30pm

Recognising & Managing Stress and Sustaining Resilience (by Coventry & Warwickshire Partnerships NHS Trust) – 1 session – Monday 25th November, 10am to 1pm

A Life Worth Living (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 3rd December, 10am to 12:30pm

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

Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 10th September, 10:30am to 2:30pm

Understanding Bipolar Disorder (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 18th September, 10am to 12pm

LGBT+ Awareness Training (by Warwickshire Pride) – 1 session – Tuesday 24th September, 10:30am to 1:30pm

Living with a Long-term Condition (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 12th November, 10:30m to 1pm

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

Self-compassion (by Coventry & Warwickshire Partnership Trust) – 1 session – Wednesday 11th September, 10am to 12pm

An Introduction to Personality and Complex Trauma (NEW) (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 12th September, 10:30am to 1:30pm

Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 9th October, 10am to 2pm

Understanding Bipolar Disorder (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 16th October, 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:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

