

Courses available online – via Zoom

Building Assertiveness Skills (by Coventry & Warwickshire Mind) – 4 weekly sessions – starting Monday 10 th March, 10am to 11:30am
Self-compassion (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 10 th March, 11am to 1pm
An Introduction to Personality and Complex Trauma (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 11 th March, 10:30am to 2pm
An Introduction to Volunteering in Coventry (by Voluntary Action Group) – 1 session – Wednesday 12 th March, 10am to 12pm
Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 12 th March, 1pm to 2:30pm
Understanding Self-harm (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 13 th March, 10:30am to 12:30pm
Healthy Minds Skills & Practices (by Coventry & Warwickshire Mind) – 1 session – Thursday 13 th March, 1pm to 2pm
Sexual Violence Awareness (by CRASAC) – 1 session – Monday 17 th March, 2pm to 3pm
Bereavement (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 18 th March, 10am to 2pm
Facing your Fears (by Coventry & Warwickshire Mind) – 1 session – Wednesday 19 th March, 1pm to 2:30pm
Positive Thinking (by Coventry & Warwickshire Mind) – 1 session – Thursday 20 th March, 10:30am to 12pm
Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 20 th March, 10:30am to 12:30pm
An Introduction to Eating Disorders (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 24 th March, 1pm to 3:30pm
Midlife, Menopause & Physical Activity (by Think Active) – 1 session – Monday 24 th March, 6:30pm to 7:30pm (evening session)
Wellbeing in Pregnancy (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 25 th March, 9:30am to 10:30am
Wellbeing after Birth (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 25 th March, 11am to 12pm
Worry Management (by Coventry & Warwickshire Mind) – 1 session – Wednesday 26 th March, 1pm to 2:30pm

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626



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Thrive into Work (by Shaw Trust) – 1 session – Thursday 27th March, 10am to 12pm

Coping with Intrusive Thoughts (by Coventry & Warwickshire Mind) – 1 session – Thursday 27th March, 1:30pm to 3:30pm

Anxiety Management (by Coventry & Warwickshire Mind) – 4 weekly sessions – starting Wednesday 2nd April, 7pm to 9pm **(evening course)**

Understanding Bipolar Disorder (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 3rd April, 10:30am to 12:30pm

Obsessions and Compulsions (by Coventry and Warwickshire Mind) – 2 weekly sessions – starting Thursday 3rd April, 1:30pm to 3:30pm

Introduction to Depression (by Coventry & Warwickshire Mind) – 1 session – Monday 7th April, 10am to 11:30am

Bereavement (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Monday 7th April, 11:30am to 3:30pm

Burnout and Fatigue (by Coventry & Warwickshire Mind) – 2 weekly sessions – starting Tuesday 8th April, 11am to 1pm

Benefits of Volunteering – Helping others, helping you (by Warwickshire & Solihull Community & Voluntary Action) – 1 session – Tuesday 8th April, 1pm to 2:30pm

Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 8th April, 2pm to 4pm

An Introduction to Volunteering in Coventry (by Voluntary Action Coventry) – 1 session – Wednesday 9th April, 10am to 12pm

Managing Emotions (by Coventry & Warwickshire Partnership NHS Trust) – 2 weekly sessions – starting Thursday 10th April, 10am to 12pm

Songwriting for Wellbeing PART ONE (by Arts Uplift) – 9 Monthly sessions – starting Thursday 10th April, 7pm to 8:30pm **(evening course)** - There will also be 3 face to face sessions starting 26th June

Understanding Personal independence Payment (by Department for Work & Pension) – 1 session – Friday 11th April, 2pm to 4pm

Introduction to Anxiety (by Coventry & Warwickshire Mind) – 1 session – Wednesday 16th April, 1pm to 2:30pm

Coping with Intrusive Thoughts (by Coventry & Warwickshire Mind) – 1 session – Thursday 17th April, 1:30pm to 3:30pm

Peer Support Worker Training (by Coventry & Warwickshire Partnership NHS Trust) – 2 daily sessions – starting Tuesday 22nd April, 9:30am to 3:30pm

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Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Wednesday 23rd April, 10am to 2pm

Advocacy and your Rights (by VoiceAbility) – 1 session – Thursday 24th April, 10am to 12pm

Finding Purpose & Direction (by Coventry & Warwickshire Mind) – 1 session – Thursday 24th April, 1:30pm to 3pm

Worry Management (by Coventry & Warwickshire Mind) – 1 session – Monday 28th April, 10am to 11:30am

Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 29th April, 10am to 12pm

LGBT+ Awareness Training – Bitesize (by Warwickshire Pride) – 1 session – Wednesday 30th April, 10am to 11am

Healthy Mind Skills & Practices (by Coventry & Warwickshire Mind) – 1 session – Wednesday 30th April, 1pm to 2pm

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:

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