

**Courses available online – via Zoom**

**Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Thursday 5<sup>th</sup> September, 10am to 12pm

**Positive Thinking (by Coventry & Warwickshire Mind)** – 1 session – Thursday 5<sup>th</sup> September, 10:30am to 12pm

**Thrive into Work (by Shaw Trust)** – 1 session – Friday 6<sup>th</sup> September, 11am to 1pm

**Anxiety Management (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Monday 9<sup>th</sup> September, 10am to 11:30am

**Come Connect to Arty Folks (by Arty Folks)** – 1 session – Monday 9<sup>th</sup> September, 11am to 12pm

**Sleep (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Monday 9<sup>th</sup> September, 12:30pm to 2:30pm

**Substance Use & Mental Health (by Change Grow Live)** – 1 session – Monday 9<sup>th</sup> September, 6pm to 8pm (evening session)

**Rebuilding your Confidence (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Wednesday 11<sup>th</sup> September, 1pm to 2:30pm

**Healthy Minds Skills & Practices (by Coventry & Warwickshire Mind)** – 1 session – Thursday 12<sup>th</sup> September, 1pm to 2pm

**Coping with Caring (by Carers Trust Heart of England)** – 1 session – Tuesday 17<sup>th</sup> September, 1pm to 3pm

**Support for People with a Health Condition ... Moving Towards Work (by Department for Work & Pensions)** – 1 Session – Wednesday 19<sup>th</sup> September, 11am to 12pm

**Anxiety Management (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Wednesday 25<sup>th</sup> September, 7pm to 9pm (evening sessions)

**Worry Management (by Coventry & Warwickshire Mind)** – 1 session – Thursday 26<sup>th</sup> September, 10:30am to 12pm

**Come Connect to Arty Folks (by Arty Folks)** – 1 session – Monday 30<sup>th</sup> September, 11am to 12pm

**Worry Management (by Coventry & Warwickshire Mind)** – 1 session – Thursday 3<sup>rd</sup> October, 10:30am to 12pm

**Coping with Change (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Thursday 3<sup>rd</sup> October, 10:30am to 1pm

**Coping with Low Mood & Depression (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Monday 7<sup>th</sup> October, 10am to 11:30am

Online registration:

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

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**Understanding how to Tolerate Distress (by Coventry & Warwickshire Partnership NHS Trust)** – 3 weekly sessions – starting Monday 7<sup>th</sup> October, 12:30pm to 2:30pm

**Explore `Strength` through Drama (by Underground Lights)** – 1 session – Tuesday 8<sup>th</sup> October, 7pm to 8:30pm **(evening session)**

**LGBT+ Awareness Training (by Warwickshire Pride)** – 1 session – Wednesday 9<sup>th</sup> October, 10am to 11am

**Introduction to Anxiety (by Coventry & Warwickshire Mind)** – 1 session – Wednesday 9<sup>th</sup> October, 1pm to 2:30pm

**An Introduction to Recovery, Co-production and the Recovery & Wellbeing Academy (by Coventry and Warwickshire Partnership NHS Trust)** – 1 session – Thursday 10<sup>th</sup> October, 10am to 11:30am

**Healthy Minds Skills & Practices (by Coventry & Warwickshire Mind)** – 1 session – Tuesday 15<sup>th</sup> October, 12pm to 1pm

**Keeping Mentally Fit in the 2020s (by South Warwickshire & Worcestershire Mind)** – 1 session – Tuesday 15<sup>th</sup> October, 1pm to 2:30pm

**Lets Talk About Dementia (by AmbaCare Solutions)** – 4 weekly sessions – starting Thursday 17<sup>th</sup> October, 10:30am to 12:30pm

**Food & Mood (by Coventry & Warwickshire Mind)** – 1 session – Thursday 17<sup>th</sup> October, 10:30am to 12:30pm

**Introduction to Expert by Experience (EbE) Roles (NEW) (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Friday 18<sup>th</sup> October, 9:30am to 3:30pm

**Midlife, Menopause & Physical Activity (NEW) (by Think Active)** – 1 session – Monday 21<sup>st</sup> October, 6:30pm to 7:30pm **(evening session)**

**Come Connect to Arty Folks (by Arty Folks)** – 1 session – Wednesday 23<sup>rd</sup> October, 10am to 11am

**Burnout & Fatigue (by Coventry & Warwickshire Mind)** – 2 weekly sessions – starting Thursday 24<sup>th</sup> October, 1:30pm to 3:30pm

**Finding Purpose & Direction (by Coventry & Warwickshire Mind)** – 1 session – Tuesday 29<sup>th</sup> October, 10:30am to 12pm

**Thrive into Work (by Shaw Trust)** – 1 session – Tuesday 29<sup>th</sup> October, 1pm to 3pm

**Anxiety Management (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Monday 4<sup>th</sup> November, 10am to 11:30am

**Cultural Competence and Inclusion (by AmbaCare CIC)** – 1 session – Tuesday 5<sup>th</sup> November, 10am to 1pm

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**Isolation and Loneliness – Building Connections** – 1 session – Wednesday 6<sup>th</sup> November, 10am to 12:30pm

**Positive Thinking (by Coventry & Warwickshire Mind)** – 1 session Wednesday 6<sup>th</sup> November, 1pm to 2:30pm

**Building Assertiveness Skills (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Thursday 7<sup>th</sup> November, 1:30pm to 3pm

**Substance Use & Mental Health (by Change, Grow, Live)** – 1 session – Monday 11<sup>th</sup> November, 3pm to 5pm

**Money Management (by Coventry Building Society)** – 1 session – Tuesday 12<sup>th</sup> November, 10am to 12pm

**Benefits of Volunteering – Helping others, helping you (by Warwickshire CAVA)** – 1 session – Tuesday 12<sup>th</sup> November, 1:30pm to 3pm

**Managing Emotions (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Wednesday 13<sup>th</sup> November, 10am to 12pm

**Better Body Image (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Monday 18<sup>th</sup> November, 12pm to 4pm

**Peer Support Worker Training (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Tuesday 19<sup>th</sup> November, 9:30am to 3:30pm

**Coping with Intrusive Thoughts (NEW) (by Coventry & Warwickshire Mind)** – 1 session – Tuesday 19<sup>th</sup> November, 11:30am to 1:30pm

**Advocacy and Your Rights (by VoiceAbility)** – 1 session – Wednesday 20<sup>th</sup> November, 10am to 12pm

**Healthy Mind Skills & Practices (by Coventry & Warwickshire Mind)** – 1 session – Wednesday 20<sup>th</sup> November, 1pm to 2pm

**Coping with Change (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Monday 25<sup>th</sup> November, 12:30pm to 3pm

**Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 26<sup>th</sup> November, 10am to 2pm

**Support for People with a Health Condition ... Moving Towards Work (by Department for Work & Pensions)** – 1 Session – Wednesday 27<sup>th</sup> November, 11am to 12pm

**Obsessions & Compulsions (by Coventry & Warwickshire Mind)** – 2 weekly sessions – starting Wednesday 27<sup>th</sup> November, 1pm to 3pm

**Substance Use & Mental Health (by Change, Grow, Live)** – 1 session – Wednesday 27<sup>th</sup> November, 7pm to 9pm

**Coping with Caring (by Carers Trust Heart of England)** – 1 session – Thursday 28<sup>th</sup> November, 1pm to 3pm



Online registration:

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<b>Finding Purpose &amp; Directions (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Monday 2 <sup>nd</sup> December, 12pm to 1:30pm
<b>Understanding Self-Harm (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 2 <sup>nd</sup> December, 12:30pm to 2:30pm
<b>Sleep (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session - Monday 2 <sup>nd</sup> December, 6pm to 8pm <b>(evening session)</b>
<b>Coping with Intrusive Thoughts (NEW) (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 5 <sup>th</sup> December, 10:30am to 12:30pm
<b>Thrive into Work (by Shaw Trust)</b> – 1 session – Thursday 5 <sup>th</sup> December, 10am to 12pm
<b>Worry Management (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Monday 9 <sup>th</sup> December, 11:30am to 1pm
<b>Routines – How they are formed and why they are important (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 9 <sup>th</sup> December, 12:30pm to 2:30pm
<b>Wellbeing in Pregnancy (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 11 <sup>th</sup> December, 9:30am to 10:30am
<b>Self-compassion (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 11 <sup>th</sup> December, 10am to 12pm
<b>Wellbeing after Birth (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 11 <sup>th</sup> December, 11am to 12pm
<b>Introduction to Anxiety (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Wednesday 11 <sup>th</sup> December, 1pm to 2:30pm
<b>Midlife, Menopause &amp; Physical Activity (NEW) (by Think Active)</b> – 1 session – Wednesday 11 <sup>th</sup> December, 6:30pm to 7:30pm <b>(evening session)</b>
<b>An Introduction to Personality and Complex Trauma (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Thursday 12 <sup>th</sup> December, 10:30am to 1:30pm
<b>Positive thinking (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 12 <sup>th</sup> December, 1pm to 2:30pm
<b>Trauma Awareness (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Friday 13 <sup>th</sup> December, 10am to 2pm
<b>Introduction to Depression (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Monday 16 <sup>th</sup> December, 10am to 11:30am
<b>Understanding Psychosis (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Tuesday 17 <sup>th</sup> December, 10am to 12:30pm

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**Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Wednesday 18<sup>th</sup> December, 12:30pm to 2:30pm

**Healthy Mind Skills & Practices (by Coventry & Warwickshire Mind)** – 1 session – Wednesday 18<sup>th</sup> December, 1pm to 2pm

**Finding Purpose & Direction (by Coventry & Warwickshire Mind)** – 1 session – Thursday 19<sup>th</sup> December, 10:30am 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:**

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