

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

**Positive Family Foundations (NEW) (by Coventry Adult Education Service)** – 11 weekly sessions – starting Thursday 18<sup>th</sup> April, 12:30pm to 2:30pm

**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 17<sup>th</sup> April, 12:30pm to 2:30pm

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

**Thrive in to Work (by Shaw Trust)** – 1 session – Tuesday 12<sup>th</sup> March, 10am to 12pm

**Recognising & Managing Stress and Sustaining Resilience (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 19<sup>th</sup> March, 10am to 1pm

**A Life Worth Living (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 25<sup>th</sup> June, 10am to 12pm

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

**Introduction to Anxiety (by Coventry & Warwickshire Mind)** – 1 session – Thursday 25<sup>th</sup> April, 10am to 12pm

**Relaxation (by Coventry & Warwickshire Mind)** – 1 session – Thursday 9<sup>th</sup> May, 10am to 11:30am

**Positive Thinking (by Coventry & Warwickshire mind)** – 1 session – Thursday 13<sup>th</sup> June, 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](mailto:Recovery.Academy@covwarkpt.nhs.uk)

Call: 0300 303 2626

