

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

**Coping with Change (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session - Monday 20<sup>th</sup> May, 11am to 1:30pm

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

**Advocacy and Your Rights (by VoiceAbility)** – 1 session – Friday 15<sup>th</sup> March, 10am to 12pm

**Managing Emotions (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Tuesday 14<sup>th</sup> May, 10:30am to 12:30pm

**Thrive into Work (by Shaw Trust)** – 1 session – Tuesday 11<sup>th</sup> June, 10:30am to 12:30pm

**Veterans Contact Point, The Horsa Building, Bentley Road, Nuneaton, CV11 5LR:**

**Relapse Management: Creating a personalised relapse plan to help manage mental health decline (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Monday 18<sup>th</sup> March, 11am to 1:30pm

**Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 18<sup>th</sup> June, 10am to 2pm

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

**Introduction to Mindfulness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 18<sup>th</sup> June, 10am to 1pm

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

