

Outdoor Classroom, Foundry Wood, 66 Princes Drive, Leamington SPA, CV32 6AF:

Pizza and Wellbeing (by ARC) – 1 session – Tuesday 30th April, 10am to 12pm OR 12:30pm to 2:30pm

Pizza and Wellbeing (by ARC) – 1 session – Tuesday 25th June, 10am to 12pm OR 12:30pm to 2:30pm

Tallis Wood, Southam Road, Radford Semele, Leamington Spa, CV31 1TY:

Tallis Woodland Wellbeing (by ARC) – 8 weekly sessions - starting Wednesday 1st May, 10am to 3pm

The Gap Community Centre, Oakwood Grove, Warwick, CV34 5TD:

Trauma Awareness (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Friday 26th April, 10:30am to 2:30pm

Bereavement (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 6th June, 10am to 2pm

Tyler House, Tyler Street, Stratford upon Avon, CV37 6TY:

Recognising & Managing Stress and Sustaining Resilience (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 7th May, 10am to 1pm

Living with a Long-term Condition (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 30th May, 11am to 1:30pm

Lifeway Gardens, 30 Albany Road, Stratford upon Avon, CV37 6PG:

Grow, Cook, CreATE (by Escape Arts) – 4 weekly sessions – starting Monday 8th April, 1pm to 3pm

Grow, Cook, CreATE (by Escape Arts) – 4 weekly sessions – starting Monday 3rd June, 1pm to 3pm

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

Packmores Community Centre Garden, Lyttelton Road, Warwick, CV34 5EP:

Gardening for Wellbeing (by ARC) – 1 session – Thursday 18th April, 10am to 12pm OR 12:30pm to 2:30pm

Gardening for Wellbeing (by ARC) – 1 session – Thursday 13th June, 10am to 12pm OR 12:30pm to 2:30pm

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:

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Call: 0300 303 2626