

**Courses available online – via Zoom**

<b>Trauma Awareness (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 11 <sup>th</sup> March, 11am to 3pm
<b>Healthy Mind Skills &amp; Practices (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Monday 11 <sup>th</sup> March, 1pm to 2pm
<b>Positive Thinking (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 14 <sup>th</sup> March, 10:30am to 12pm
<b>Introduction to Anxiety (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Monday 18 <sup>th</sup> March, 10am to 11:30am
<b>Come Connect (by Arty Folks)</b> – 1 session – Monday 18 <sup>th</sup> March, 4pm to 5pm
<b>Bereavement (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 20 <sup>th</sup> March, 9:30am to 1:30pm
<b>Food &amp; Mood (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 21 <sup>st</sup> March, 10:30am to 12pm
<b>Routines – How they are formed and why they are important (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Friday 22 <sup>nd</sup> March, 11am to 1pm
<b>Steps into Nature (NEW) (by Warwickshire Wildlife Trust)</b> – 5 sessions – starting Friday 22 <sup>nd</sup> March, 1pm to 2pm
<b>Finding Purpose &amp; Direction (by Coventry &amp; Warwickshire Min)</b> – 1 session – Monday 25 <sup>th</sup> March, 10am to 11:30am
<b>Living with a Long-term Condition (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Tuesday 26 <sup>th</sup> March, 10am to 12:30pm
<b>Facing your Fears (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 28 <sup>th</sup> March, 10:30am to 12pm
<b>Let's Talk Dementia (by AmbaCare Solutions CIC)</b> - 4 weekly sessions – starting Tuesday 2 <sup>nd</sup> April, 10:30am to 12:30pm
<b>Anxiety Management (by Coventry &amp; Warwickshire Mind)</b> – 4 weekly sessions – starting Monday 8 <sup>th</sup> April, 10am to 11:30am
<b>Understanding Dementia (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 8 <sup>th</sup> April, 10am to 12:30pm
<b>Zoom Introduction (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 8 <sup>th</sup> April, 2pm to 3pm
<b>Bipolar Self-management (NEW) (by Bipolar UK)</b> – 8 weekly sessions – starting Monday 8 <sup>th</sup> April, 6pm to 7:30pm <b>(evening course)</b>

Online registration:

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

Email: [Recovery.Academy@covwarkpt.nhs.uk](mailto:Recovery.Academy@covwarkpt.nhs.uk)

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**Better Body Image (by Coventry & Warwickshire Partnership NHS Trust)** – 2 weekly sessions – starting Tuesday 9<sup>th</sup> April, 10am to 12pm

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

**Coping with Low Mood & Depression (by Coventry & Warwickshire Mind)** – 4 weekly sessions – starting Wednesday 10<sup>th</sup> April, 1pm to 2:30pm

**Food & Mood (by Coventry & Warwickshire Mind)** – 1 session – Thursday 11<sup>th</sup> April, 10:30am to 12pm

**A Life Worth Living (NEW) (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Monday 15<sup>th</sup> April, 10am to 12pm

**Come Connect (by Arty Folks)** – 1 session – Monday 15<sup>th</sup> April, 4pm to 5pm

**Peer Support Worker Training (by Coventry & Warwickshire Partnership MHS Trust)** – 2 weekly sessions – starting Wednesday 17<sup>th</sup> April, 9:30am to 3pm

**Positive Thinking (by Coventry & Warwickshire Mind)** – 1 session – Thursday 18<sup>th</sup> April, 10:30am to 12pm

**#WeThinkActive (NEW) (by Think Active)** – 1 session – Monday 22<sup>nd</sup> April, 6:30pm to 7:30pm **(evening course)**

**Thrive into Work (by Shaw Trust)** – 1 session – Friday 26<sup>th</sup> April, 11am to 1pm

**Finding Purpose & Direction (by Coventry & Warwickshire Mind)** - 1 session - Thursday 25<sup>th</sup> April, 10:30am to 12pm

**Substance Use & Mental Health (by Change, Grow, Live)** – 1 session – Wednesday 1<sup>st</sup> May, 6pm to 8pm **(evening session)**

**Obsessions & Compulsions (by Coventry & Warwickshire Mind)** – 2 weekly sessions – starting Thursday 2<sup>nd</sup> May, 10:30am to 12pm

**Isolation & Loneliness – Building Connections (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Tuesday 7<sup>th</sup> May, 10am to 12:30pm

**Sleep (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Wednesday 8<sup>th</sup> May, 10am to 12pm

**Healthy Mind Skills & Practices (by Coventry & Warwickshire Mind)** – 1 session – Wednesday 8<sup>th</sup> May, 12pm to 1pm

**Stress Awareness (by Coventry & Warwickshire Partnership NHS Trust)** – 1 session – Thursday 9<sup>th</sup> May, 6pm to 8pm **(evening session)**

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<b>Burnout &amp; Fatigue (by Coventry &amp; Warwickshire Mind)</b> – 2 weekly sessions – starting Monday 13 <sup>th</sup> May, 10am to 11:30am
<b>Trauma Awareness (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Monday 13 <sup>th</sup> May, 11am to 3pm
<b>Creative Writing for Wellbeing (by Arts Uplift)</b> – 10 weekly sessions – starting Monday 13 <sup>th</sup> May, 7pm to 8:30pm ( <b>evening course</b> ) – (No session of Bank holiday Monday 27 <sup>th</sup> May)
<b>Money Management (by Coventry Building Society)</b> – 1 session – Thursday 16 <sup>th</sup> May, 10am to 12pm
<b>Rebuilding your Confidence (by Coventry &amp; Warwickshire Mind)</b> – 4 weekly sessions – starting Thursday 16 <sup>th</sup> May, 10:30am to 12pm
<b>Keeping Mentally Fit in the 2020s (by South Warwickshire &amp; Worcestershire Mind)</b> – 1 session – Monday 20 <sup>th</sup> May, 1pm to 2:30pm
<b>Introduction to Anxiety (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Wednesday 22 <sup>nd</sup> May, 10am to 11:30am
<b>Support for People with a Health Condition....Moving towards Work (by Department for Work &amp; Pensions)</b> – 1 session – Friday 24 <sup>th</sup> May, 10am to 11am
<b>Worry Management (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Tuesday 28 <sup>th</sup> May, 10:30am to 12pm
<b>Self-compassion (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 29 <sup>th</sup> May, 10am to 12pm
<b>Building Assertiveness Skills (by Coventry &amp; Warwickshire Mind)</b> – 4 weekly sessions – starting Monday 3 <sup>rd</sup> June, 10am to 11:30am
<b>Understanding How to Tolerate Distress (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 3 weekly sessions – starting Monday 3 <sup>rd</sup> June, 11am to 1pm
<b>Cultural Competence (by AmbaCare Solutions CIC)</b> – 1 session – Tuesday 4 <sup>th</sup> June, 10am to 1pm
<b>Wellbeing in Pregnancy (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 5 <sup>th</sup> June 9:30am to 10:30am
<b>Wellbeing after Birth (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 5 <sup>th</sup> June 11am to 12pm
<b>Finding Purpose &amp; Direction (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Wednesday 5 <sup>th</sup> June, 1pm to 2:30pm
<b>An Introduction to Personality and Complex Trauma (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Thursday 6 <sup>th</sup> June, 10am to 1pm

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<b>Writing for Wellbeing (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 2 weekly sessions – starting Friday 7 <sup>th</sup> June, 10am to 12pm
<b>Understanding Self-harm (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Tuesday 11 <sup>th</sup> June, 10am to 12pm
<b>Substance Use &amp; Mental Health (by Change, Grow, Live)</b> – 1 session – Tuesday 11 <sup>th</sup> June, 12pm to 2pm
<b>Advocacy and your Rights (by VoiceAbility)</b> – 1 session – Wednesday 12 <sup>th</sup> June, 10am to 12pm
<b>Introduction to Depression (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Wednesday 12 <sup>th</sup> June, 1pm to 2:30pm
<b>Understanding Psychosis (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Thursday 13 <sup>th</sup> June, 10am to 12:30pm
<b>Understanding Bipolar Disorder (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Thursday 20 <sup>th</sup> June, 10am to 12pm
<b>Worry Management (by Coventry &amp; Warwickshire Mind)</b> – 1 session Thursday 20 <sup>th</sup> June, 10:30am to 12pm
<b>Let's Talk Dementia (by AmbaCare Solutions CIC)</b> - 4 weekly sessions – starting Tuesday 25 <sup>th</sup> June, 10:30am to 12:30pm
<b>An Introduction to Personality and Complex Trauma (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Wednesday 26 <sup>th</sup> June, 10am to 1pm
<b>Healthy Mind Skills &amp; Practices (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Wednesday 26 <sup>th</sup> June, 1pm to 2pm
<b>Coping with Caring (by Coventry &amp; Warwickshire Partnership NHS Trust, and Carers Trust Heart of England)</b> – 1 session – Thursday 27 <sup>th</sup> June, 10am to 12pm
<b>Facing your Fears (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 27 <sup>th</sup> June, 10:30am to 12pm
<b>Routines – How they are formed and why they are important (by Coventry &amp; Warwickshire Partnership NHS Trust)</b> – 1 session – Thursday 27 <sup>th</sup> June, 11am to 1pm
<b>Benefits of Volunteering (By Warwickshire CAVA)</b> – 1 session – Tuesday 2 <sup>nd</sup> July, 12:30pm 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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