

**Coopers Lodge, 61 St Nicholas Street, Coventry, CV1 4BN:**

**Positive Thinking** – 1 session – Tuesday 1<sup>st</sup> March, 1pm to 3pm

**Building Assertiveness Skills** – 5 weekly sessions – starting Thursday 3<sup>rd</sup> March, 10am to 12pm

**Sleep** – 1 session – Tuesday 15<sup>th</sup> March, 1pm to 3pm

**Wellington Gardens, Windsor Street, Spon End, Coventry, CV1 3BY:**

**Anxiety Management & Relaxation** – 5 weekly sessions – starting Thursday 27<sup>th</sup> January, 10am to 12pm

**Cook Together Eat Together (by Groundwork)** – 6 weekly sessions – starting Tuesday 22<sup>nd</sup> February, 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

