Cooper’s Lodge, 61 St. Nicholas St, Radford, Coventry CV1 4BN:

- **Improving Confidence and Self-Esteem** – 4 Weekly Sessions - Mon 9th April - 12.30-2.30pm
- **Coping with Low Mood & Depression** – 4 Weekly Sessions - Mon 9th April - 10-12pm
- **Building Assertiveness Skills** – 5 Weekly Sessions - Thur 12th April - 10-12pm
- **Anxiety Management and Relaxation** – 5 Weekly Sessions - Thur 12th April - 12.30-2.30pm
- **Anxiety Management and Relaxation** – 10 Weekly Sessions - Fri 27th April - 12.30-2pm
- **Dealing with Conflict** – 5 Weekly Sessions - Mon 14th May - 10-12pm
- **NEW: Food for Thought (by Groundwork West Midlands)** – 6 Weekly Sessions - Wed 25th Apr-12.30-2.30pm
- **Dementia Friends (by Dementia Friends Volunteer Champion)** – 1 Session – Tue 1st May - 10-11am
- **Be Universal Credit Confident (by DWP)** – 1 Session - Wed 9th May - 10-12pm
- **Dealing with Conflict** – 5 Weekly Sessions - Mon 14th May - 10-12pm
- **Coping with Low Mood & Depression** – 5 Weekly Sessions - Mon 14th May - 12.30-2.30pm
- **Anxiety Management and Relaxation** – 5 Weekly Sessions - Thur 17th May - 10-12pm
- **Building Assertiveness Skills** – 5 Weekly Sessions - Thur 17th May - 12.30-2.30pm
- **An Introduction to Volunteering in Coventry (by Voluntary Action Coventry)** – 1 Session - Wed 23rd May - 10-12pm
- **Anxiety Management and Relaxation** – 10 Weekly Sessions - Wed 6th June - 12.30-2pm
- **Create a Personalised Relapse Plan to Prevent a Mental Health Crisis** – 3 Weekly Sessions – Starting - Tue 12th June - 10-12pm
- **NEW: Introduction to Mindfulness (by CWPT & CW Mind)** – 1 Session - Mon 18th June - 10-12.30pm
- **Obsessions and Compulsions** – 2 Weekly Sessions - Thur 21st June - 10-12pm
- **Positive Thinking** – 1 Session - Thur 21st June - 12.30-2.30pm
- **Suicide Awareness Training written by ‘Connecting with People’(by It Takes Balls to Talk)** – 1 Session - Fri 22nd June - 10-12pm
- **Breaking Barriers to Work** – 2 Weekly Sessions - Mon 25th June - 10-12pm
- **Sleep Problems** – 1 Session - Mon 25th June - 12.30-2.30pm
- **Improving Motivation** – 1 Session - Thurs 28th June - 12.30-2.30pm

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 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.

Online registration:
Visit: [https://recoveryandwellbeing.covwarkpt.nhs.uk](https://recoveryandwellbeing.covwarkpt.nhs.uk)
Email: Recovery.Academy@covwarkpt.nhs.uk
Call: 0300 303 2626 or Call: 024 7622 9988
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For Course Descriptions please see websites below:

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Details</th>
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<tr>
<td><strong>Methodist Central Hall, Warwick Lane, Coventry CV1 2HA:</strong></td>
<td>Anxiety Management and Relaxation – 10 Weekly Sessions – Wed 25&lt;sup&gt;th&lt;/sup&gt; April – 7.30-9pm</td>
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<td><strong>Arty-Folks, 1&lt;sup&gt;st&lt;/sup&gt; floor Eaton House by Coventry Railway Station, CV1 2FJ</strong></td>
<td>NEW: Relaxation through Art (by Arty-Folks) - 3 Weekly Sessions – Mon 16&lt;sup&gt;th&lt;/sup&gt; Apr – 1-3pm</td>
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<td><strong>Alzheimers Society, 31 Barras Green, Stoke, Coventry CV2 4LY</strong></td>
<td>NEW: Dementia Carer Information &amp; Support Programme (by Alzheimer’s Society) – 4 Weekly Sessions – Tue 10&lt;sup&gt;th&lt;/sup&gt; April – 5.30-8pm</td>
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<td></td>
<td>NEW: Dementia Carer Information &amp; Support Programme (by Alzheimer’s Society) – 4 Weekly Sessions – Tue 5&lt;sup&gt;th&lt;/sup&gt; June – 5.30-7.30pm</td>
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