

Rugby Wellbeing Hub, 28 Cromwell Road, Rugby, CV22 5LY:

Food and Mood – 1 Session – Tuesday 25th June, 10am – 12pm

Sleep Problems – 1 Session – Tuesday 2nd July, 10am – 12pm

Introduction to Mindfulness – 1 Session – Wednesday 3rd July, 10am – 1:30pm

Anxiety Management and Relaxation – 5 Weekly Sessions – Tuesday 9th July, 10am – 12pm

Positive Thinking – 1 Session – Tuesday 27th August, 10am – 12pm

Coping with Low Mood & Depression – 5 Weekly Sessions – Tuesday 17th September, 10am – 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 more information please contact:

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Call: 02476 22 99 88