

Cooper's Lodge, 61 St. Nicholas St, Radford, Coventry CV1 4BN:
Dealing with Conflict - 5 weekly sessions - Thursday 11 th July, 12:30pm – 2:30pm
Dementia Friends – 1 session – Wednesday 24 th July, 10:00am – 11:00am
Anxiety Management and Relaxation - 5 weekly sessions – Friday 2 nd August, 12:30pm – 2:30pm
Sleep Problems - 1 session - Monday 12 th August – 10am – 12 noon
Breaking Barriers to Work – 2 weekly sessions – Monday 12 th August, 12:30pm – 2:30pm
Improving Motivation – 1 session – Thursday 15 th August, 10am – 12 noon
Obsessions and Compulsions – 2 weekly sessions – Thursday 15 th August, 12:30pm – 2:30pm
Positive Thinking – 1 session – Thursday 22 nd August, 10am – 12 noon
Anxiety Management and Relaxation – 5 weekly sessions – Wednesday 21 st August, 12:30pm – 2:30pm
Coping with Low Mood and Depression – 5 weekly sessions – Thursday 29 th August, 10am – 12 noon
Improving Confidence and Self-Esteem – 4 weekly sessions – Monday 2 nd September, 10am – 12 noon
Building Assertiveness Skills – 4 weekly sessions – Monday 2 nd September, 12:30pm – 2:30pm
Cook Together Eat Together – 6 weekly sessions – Tuesday 3 rd September, 10:00am – 12 noon
Wellbeing in Later Life – 3 weekly sessions – Thursday 19 th September, 12:30pm – 2:30pm
Anxiety Management and Relaxation – 5 weekly sessions – Friday 20 th September, 12:30pm – 2:30pm
Anxiety Management and Relaxation – 5 weekly sessions – Monday 30 th September, 10am – 12 noon
Dealing with Conflict – 5 weekly sessions – Monday 30 th September, 12:30pm – 2:30pm

For more information please contact:

Email: pathways@cwmind.org.uk

Call: 02476 22 99 88



Methodist Central Hall, Warwick Lane, Coventry CV1 2HA:

Coping with Low Mood & Depression – 5 Weekly Sessions – Wednesday 11th September - 7:15pm - 9:15pm

Arty-Folks, 1st floor Eaton House, 1 Eaton Rd (by Coventry Railway Station), CV1 2FJ:

The Fine Art to Wellbeing (by Arty-Folks) – 3 weekly sessions – Monday 16th September, 1pm-3pm

Brandon Marsh Nature Reserve, Brandon Lane, Coventry, CV3 3GW:

The Environment and Me (by Warwickshire Wildlife Trust) – 6 Weekly Sessions – Friday 2nd August, 11:30am – 2:30pm (transport can be provided from Coventry and Warwickshire MIND, Melbourne Gardens, Windsor Street, Spon End, Coventry, CV1 3BT. Pick up 11am and drop off at 3pm)

The Environment and Me (by Warwickshire Wildlife Trust) – 6 Weekly Sessions – Friday 20th September, 11:30am – 2:30pm (transport can be provided from Coventry and Warwickshire MIND, Melbourne Gardens, Windsor Street, Spon End, Coventry, CV1 3BT. Pick up 11am and drop off at 3pm)

The Alan Higgs Centre, Allard Way, Coventry, CV3 1HW

Supporting Health and Promoting Exercise (Shape) – 12 Sessions – **Tuesday** 10th, 17th, 24th September, 1st, 8th & 15th October and **Thursday** 12th, 19th 26th September, 3rd, 10th & 17th October – 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.

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