

SYDNI Centre, Cottage Square (off Marloes Walk), Sydenham, Leamington Spa CV31 1PT:

Recognising and Managing Stress and Building Resilience – 1 Session – Thursday 11th July, 10am – 3pm

Anxiety Management and Relaxation – 5 Weekly Sessions – Thursday 3rd October, 1pm – 3pm

Outdoor Classroom, Foundry Wood, Princes Drive, Leamington Spa CV32 6AF:

Five Ways to Wellbeing in the Woods (by ARC) – 1 Session - Tuesday 9th July, 10:30am – 12:30pm

Five Ways to Wellbeing in the Woods (by ARC) – 1 Session - Tuesday 10th September, 10:30am – 12:30pm

Tallis Wood: Southam Road, Radford Semele, Leamington Spa, CV31 1TY

Tallis Wood Wellbeing (by ARC) – Taster Session - Wednesday 4th September, 10:00am – 3pm

Tallis Wood Wellbeing (by ARC) – 6 weekly sessions - Wednesday 11th September, 10:00am – 3pm

The Gap Community Centre, 39 Oakwood Grove, Warwick CV34 5TD:

Exploring Spirituality – 1 Session – Wednesday 19th June, 12:30pm to 2:30pm

Anxiety Management and Relaxation – 5 Weekly Sessions – Wednesday 17th July, 10am – 12pm

Food and Mood – 1 session – Wednesday 28th August, 10am – 12pm

Coping with Low Mood and Depression – 5 Weekly Sessions – Wednesday 2nd October, 10am – 12pm

For more information please contact:

Email: pathways@cwmind.org.uk

Call: 02476 22 99 88

At Tyler House, Tyler Street, Stratford-upon-Avon, CV37 6TY:

Mindful Approach to Low Mood and Anxiety – 3 Weekly Sessions – Wednesday 26th June, 1pm – 3pm

Improving Confidence and Self-Esteem – 5 Weekly Sessions – Wednesday 17th July, 1pm – 3pm

Sleep Problems – 1 Session – Wednesday 28th August, 1pm – 3pm

Anxiety Management and Relaxation – 5 Weekly Sessions – Wednesday 18th September, 1pm – 3pm

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.

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