





## Courses, Workshops & Open Days- Autumn 2016

Event	Start Date	Time	Venue
<b>Recovery &amp; Wellbeing Academy Open Day Bedworth</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Fri 26 <sup>th</sup> Aug	10am-3pm	Bedworth Methodist Church
<b>Recovery &amp; Wellbeing Academy Open Day Rugby</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Tues 30 <sup>th</sup> Aug	10am-3pm	Rugby Wellbeing Hub, Cromwell Rd
<b>Recovery &amp; Wellbeing Academy Open Day Warwick</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Wed 31 <sup>st</sup> Aug	10am-2pm	The Gap Community Centre Warwick
<b>Recovery &amp; Wellbeing Academy Open Day Nuneaton</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Fri 2 <sup>nd</sup> Sept	10am-2pm	The Newtown Centre, Nuneaton
<b>Recovery &amp; Wellbeing Academy Open Day Mancetter</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Mon 5 <sup>th</sup> Sept	10am-2pm	St. Peter's Church Hall, Mancetter
<b>Recovery &amp; Wellbeing Academy Open Day Leamington</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Tues 6 <sup>th</sup> Sept	10am-3pm	Brunswick Hub Shrubland St, Leamington
<b>Recovery &amp; Wellbeing Academy Open Day Stratford</b> Come along and find out more, register or take away some information. Referring professionals also welcome.	Tues 6 <sup>th</sup> Sept	11am-2pm	Springfield Mind Timothy's Bridge Road, Stratford

<b>Coping with Depression</b> 5 Weekly Sessions	Mon 12 <sup>th</sup> Sept	10am-12pm	The Newtown Centre, Nuneaton
<b>Improving Confidence &amp; Self-Esteem</b> 5 Weekly Sessions	Tues 13 <sup>th</sup> Sept	10am-12pm	Bedworth Methodist Church
<b>Assertiveness</b> 5 Weekly Sessions	Tues 13 <sup>th</sup> Sept	1.30-3.30pm	The Gap Community Centre, Warwick
<b>Obsessions &amp; Compulsions</b> 2 Weekly Sessions	Wed 14 <sup>th</sup> Sept	10am-12pm	Bedworth Methodist Church
<b>Coping with Depression</b> 5 Weekly Sessions	Wed 14 <sup>th</sup> Sept	10am-12pm	St. Peter's Church Hall, Mancetter
<b>Anxiety Management &amp; Relaxation</b> 5 Weekly Sessions	Wed 14 <sup>th</sup> Sept	1.30-3.30pm	Brunswick Hub Shrubland St, Leamington
<b>Positive Thinking</b> 1 Sessions Workshop	Fri 15 <sup>th</sup> Sept	10am-12pm	Bedworth Methodist Church
<b>Motivation</b> 1 Sessions Workshop	Mon 19 <sup>th</sup> Sept	10am-12pm	Rugby Wellbeing Hub, Cromwell Rd
<b>Motivation</b> 1 Sessions Workshop	Thurs 22 <sup>nd</sup> Sept	10am-12pm	St. Peter's Church Hall, Mancetter
<b>Assertiveness</b> 5 Weekly Sessions	Thurs 22 <sup>nd</sup> Sept	10am-12pm	Springfield Mind Timothy's Bridge Rd, Stratford
<b>Anxiety Management &amp; Relaxation</b> 5 Weekly Sessions	Fri 23 <sup>rd</sup> Sept	10am-12pm	Rugby Wellbeing Hub, Cromwell Rd
<b>Sleep Problems</b> 1 Sessions Workshop	Fri 23 <sup>rd</sup> Sept	1-3pm	Rugby Wellbeing Hub, Cromwell Rd
<b>Positive Thinking</b> 1 Sessions Workshop	Wed 28 <sup>th</sup> Sept	10am-12pm	The Gap Community Centre, Warwick
<b>Food &amp; Mood</b> 1 Sessions Workshop	Thurs 29 <sup>th</sup> Sept	10am-12pm	St. Peter's Church Hall, Mancetter
<b>Motivation</b> 1 Sessions Workshop	Thurs 29 <sup>th</sup> Sept	10am-12pm	Springfield Mind Timothy's Bridge Rd, Stratford
<b>Coping with Loss &amp; Change</b> 1 Sessions Workshop	Thurs 29 <sup>th</sup> Sept	1.30-3.30pm	Brunswick Hub Shrubland St, Leamington
<b>Positive Thinking</b> 1 Sessions Workshop	Tues 4 <sup>th</sup> Oct	10am-12pm	Brunswick Hub Shrubland St, Leamington

<p align="center"><b>Sleep Problems</b> 1 Sessions Workshop</p>	<p align="center">Wed 5<sup>th</sup> Oct</p>	<p align="center">10am-12pm</p>	<p align="center">The Gap Community Centre, Warwick</p>
<p align="center"><b>Sleep Problems</b> 1 Sessions Workshop</p>	<p align="center">Thurs 6<sup>th</sup> Oct</p>	<p align="center">10am-12pm</p>	<p align="center">Springfield Mind Timothy's Bridge Road, Stratford</p>
<p align="center"><b>To Register:</b> Web: <a href="http://www.cwmind.org.uk">www.cwmind.org.uk</a> Tel: 02476 229988 Email: <a href="mailto:pathways@cwmind.org.uk">pathways@cwmind.org.uk</a></p> 		<p align="center"><b>To see the full range of Coventry &amp; Warwickshire Mind Services, please visit our website;</b> <a href="http://www.cwmind.org.uk">www.cwmind.org.uk</a></p> 	

### **What is a Recovery & Wellbeing Academy?**

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 offers a learning approach to recovery and wellbeing that compliments existing services provided by Coventry & Warwickshire Mind in the county. We offer a wide range of courses and workshops designed to empower people in recognising their skills, abilities and resources and learning to become experts in their own recovery and wellbeing.

### **What are the Aims of the Academy?**

The Academy has been developed to support people in coping with the challenges of mental health issues in a positive way and in moving forward to fulfil their potential and achieve their goals in life. Our Courses and Workshops are designed to be informal, friendly and enjoyable and are delivered in safe, nurturing environments.

### **Who can attend the Academy?**

Recovery & Wellbeing Courses are open to anyone over the age of 18 who is living in Warwickshire. Friends, family, loved ones and carers of those seeking support are also welcome.

### **Who are the Courses & Workshops run by?**

We aim to run courses and workshops that are produced and delivered in partnership with people who have their own experience of mental health issues. 'Lived Experience' is highly valued and perfectly complements the professional expertise and experience offered by Coventry & Warwickshire Mind staff.

### **Where do the Courses & Workshops take place?**

Courses and workshops are delivered at a wide range of locations across the county at Coventry & Warwickshire Mind premises and other venues.