

## Courses available: June 2023

The Academy offers a wide range of **courses** and workshops designed to **empower your mental health** and **wellbeing**, provided by a number of Partner organisations working together.

Courses are delivered **face to face** and **online** via Zoom. All Academy courses and workshops are completely **FREE OF CHARGE** and open to anyone **over the age of 18 living in Coventry and Warwickshire** who wants to better manage or understand their mental health and wellbeing.

### Courses available in Coventry

**Arty-Folks, First Floor, Eaton House, Eaton Road, Coventry, CV1 2FJ:**

**Art for Wellbeing (by Arty-Folks)** – 3 weekly sessions, starting Wednesday 7<sup>th</sup> June, 10am to 12pm

**Art for Wellbeing (by Arty-Folks)** – 3 weekly sessions, starting Wednesday 28<sup>th</sup> June, 10am to 12pm

### Courses available in North Warwickshire

**Veterans Contact Point, The Horsa Building, Bentley Rd, Nuneaton, CV11 5LR:**

**Trauma Awareness (by Coventry & Warwickshire Partnership Trust)** – 1 session – Wednesday 21<sup>st</sup> June, 9:30am to 1:30pm

**Rugby Library, Little Elbow Street, Rugby, CV21 3BZ:**

**Introduction to Mindfulness** – 1 session – Tuesday 6<sup>th</sup> June, 10am to 1pm

**Feedback** from a recent **Trauma Awareness** course:

“very **knowledgeable** trainers”

“I felt really **comfortable**”

“I **loved** every part”

“helpful **hints** for **working** with those affected”

“I would **recommend** for everyone”



To enrol visit: <https://recoveryandwellbeing.co.uk/>



## Courses available in South Warwickshire

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

**Tallis Woodland Wellbeing (by ARC)** – 8 weekly sessions - starting Wednesday 7<sup>th</sup> June, 10am to 3pm

**Packmores Community Centre Garden, Lyttelton Road, Warwick, CV34 5EP:**

**Creative Wellbeing in Nature by Arc (by Escape Arts)** – 6 weekly sessions – starting Saturday 10<sup>th</sup> June, 10am to 12pm **(Saturday course)**

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

**LGBT+ Awareness Training (by Warwickshire Pride) (NEW)** – 1 session – Thursday 1<sup>st</sup> June, 10am to 1pm

**Managing Emotions (by Coventry & Warwickshire partnership Trust)** – 2 weekly sessions – starting Friday 9<sup>th</sup> June, 10:30am to 12:30pm

**Recognising & Managing Stress and Sustaining Resilience (by Coventry & Warwickshire Partnership Trust)** – 1 session – Tuesday 13<sup>th</sup> June, 10am to 3pm

**New** courses this term:

- **LGBT+ Awareness Training** by Warwickshire Pride

Looking at: terminology and identities, issues faced, safety and inclusion, and how to be an ally



- **Explore 'Strength' through Drama** by Underground Lights

Fun one off workshop using drama games and exercises to explore 'Strength' and what it means to attendees individually and collectively



- **Cultural Competence and Inclusion** by AmbaCare Solutions

Aim: to enable participants to interact effectively with people of different cultures, backgrounds and abilities



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## Courses available: Online via Zoom

<b>Anxiety Management (by Coventry &amp; Warwickshire Mind)</b> – 4 weekly sessions – starting Monday 5 <sup>th</sup> June, 10am to 11:30am
<b>Coping with Change (by Coventry &amp; Warwickshire Partnership Trust) (NEW)</b> – 1 session – Monday 5 <sup>th</sup> June, 10am to 12pm
<b>Explore 'Strength' through Drama (by Underground Lights) (NEW)</b> – 1 session – Tuesday 6 <sup>th</sup> June, 10am to 11:30am
<b>Rebuilding your Confidence (by Coventry &amp; Warwickshire Mind)</b> – 4 weekly sessions – starting Tuesday 6 <sup>th</sup> June, 10:30am to 12pm
<b>Coping with Caring (by Carers Trust)</b> – 1 session – Wednesday 7 <sup>th</sup> June, 10am to 12pm
<b>Worry Management (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 8 <sup>th</sup> June, 10am to 11:30am
<b>Money Management (by Coventry Building Society)</b> – 1 session – Thursday 8 <sup>th</sup> June, 10am to 12pm
<b>Understanding and Supporting Children and Young People with Emotionally Based School Avoidance (by Rise)</b> – 1 session – Friday 9 <sup>th</sup> June, 10am to 12pm
<b>Understanding how to Tolerate Distress (by Coventry &amp; Warwickshire Partnership Trust)</b> – 3 weekly sessions – starting Monday 12 <sup>th</sup> June, 11am to 1pm
<b>Understanding Self-esteem in Children and Young People (by Rise)</b> – 1 session – Monday 12 <sup>th</sup> June, 12:30pm to 2:30pm
<b>The Menopause and Mental Health (by South Warks &amp; Worcestershire Mind)</b> – 1 session – Tuesday 13 <sup>th</sup> June, 10am to 12pm
<b>Cultural Competence and Inclusion (by AmbaCare Solutions) (NEW)</b> – 1 session – Wednesday 14 <sup>th</sup> June, 10am to 1pm
<b>Facing your Fears (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 15 <sup>th</sup> June, 10am to 11:30am
<b>Peer Support Worker Training (by Coventry &amp; Warwickshire Partnership Trust)</b> – 2 weekly sessions – starting Thursday 15 <sup>th</sup> June, 10am to 4pm
<b>Understanding Personal Independence Payment (by Department for Work &amp; Pensions)</b> – 1 session – Friday 16 <sup>th</sup> June, 2pm to 4pm
<b>Keeping Mentally Fit in the 2020s (by South Warks &amp; Worcestershire Mind)</b> – 1 session – Monday 19 <sup>th</sup> June, 10am to 11:30am
<b>Finding Purpose &amp; Direction (by Coventry &amp; Warwickshire Mind)</b> – 1 session – Thursday 22 <sup>nd</sup> June, 10am to 11:30am
<b>Understanding and Supporting School Aged Children Who Self-harm (by Rise)</b> – 1 session – Thursday 22 <sup>nd</sup> June, 10am to 12pm
<b>Trauma Awareness (by Coventry &amp; Warwickshire Partnership Trust)</b> – 1 session – Tuesday 27 <sup>th</sup> June, 12pm to 4pm
<b>Self-compassion (by Coventry &amp; Warwickshire Partnership Trust)</b> – 1 session – Wednesday 28 <sup>th</sup> June, 10am to 12pm
<b>Understanding Self-harm (by Coventry &amp; Warwickshire Partnership Trust)</b> – 1 session – Thursday 29 <sup>th</sup> June, 1:30pm to 3:30pm
<b>Understanding Sensory Needs in School Aged Children (by Rise)</b> – 1 session – Friday 30 <sup>th</sup> June, 10am to 12pm



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