Recovery & Wellbeing ACADEMY

Who are we?

You don't need to be academically minded to attend the Recovery and Wellbeing Academy. There are no tests, exams or assessments.

The courses and workshops are designed to empower your mental health and wellbeing and 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.

Friends, family, staff, and carers are encouraged to attend as we strongly believe in learning together. We know that many people attending a course may feel nervous, worried or may have difficulty concentrating. Our courses and workshops are designed to be informal, friendly and enjoyable and are delivered in safe, nurturing environments.

If you have particular learning needs please let us know at enrolment and we will do all that we can to meet your specialist requirements.

If you need help with accessing zoom please enrol onto our "Introduction to Zoom session" held at the beginning of each term.

Click here to find out more and begin your journey towards better health and wellbeing.

How do I decide which course is best for me?

You may have heard of Dimensions of Health and Wellbeing; it is a **free online tool** providing self-care information to support people in Coventry and Warwickshire's health and wellbeing. Our courses are based on this so, if you want help deciding on the best course for you, just click here use the Dimensions tool to create your own personalised well-being report.