

Nuneaton Wellbeing Hub, Newtown Chambers, Suite 3, Corporation St, CV11 5XR:

An Introduction to Volunteering in Warwickshire (by Warwickshire CAVA) – 1 Session – Tuesday 25th June, 10am – 12pm

Sleep Problems – 1 Session – Thursday 27th June, 9.30am – 11.30am

Goal Setting for Mental Wellbeing – 1 Session – Thursday 27th June, 10am – 12pm

Food and Mood – 1 Session – Thursday 4th July, 9.30am – 11.30am

Anxiety Management & Relaxation – 5 Weekly Sessions – Thursday 11th July, 9.30am – 11.30am

Improving Confidence and Self-Esteem – 5 Weekly Sessions – Thursday 19th September, 9.30am – 11.30am

Bedworth Methodist Church, Mill St, Bedworth CV12 8JZ:

Improving Motivation – 1 Session – Thursday 27th June, 1pm – 3pm

Positive Thinking – 1 Session – Thursday 4th July, 1pm – 3pm

Improving Confidence and Self-Esteem – 5 Weekly Sessions – Thursday 11th July, 1pm – 3pm

Obsessions & Compulsions – 2 Weekly Sessions – Thursday 29th August, 1pm – 3pm

Building Assertiveness Skills – 5 Weekly Sessions – Thursday 19th September, 1pm – 3pm

Ratcliffe Centre, Ratcliffe Road, Atherstone CV9 1LF:

Building Assertiveness Skills – 5 Weekly Sessions – Friday 19th July, 10am – 12pm

Food and Mood – 1 Session – Friday 30th August, 10am – 12pm

Coping with Low Mood & Depression – 5 Weekly Sessions – Friday 4th October, 10am – 12pm

Stockingford Early Years Centre & Library, St Pauls Road, Nuneaton, CV10 8HW

Mental Wellbeing in Pregnancy – 1 Session – Tuesday 23rd July, 12:30pm – 3pm

The Warren, Mary Ann Evans Hospice, Eliot Way, Nuneaton, CV10 7QL:

Bereavement (by Mary Ann Evans) – 1 Session – Wednesday 26th June, 9am – 12pm

For more information please contact:

Email: pathways@cwmind.org.uk

Call: 02476 22 99 88



Summer 2019 - Courses available in: North Warwickshire

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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