

Courses available online – via Zoom

Understanding and Supporting School Aged Children Who Self-harm – 1 session – Thursday 23 rd June 2022, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Friday 1 st July 2022, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Monday 4 th July 2022, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Friday 16 th September 2022, 10am to 12pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Monday 19 th September 2022, 12:30pm to 2:30pm
Understanding Emotional Regulation in School Aged Children – 1 session – Thursday 29 th September 2022, 12:30pm to 2:30pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Wednesday 5 th October 2022, 12:30pm to 2:30pm
Understanding Self-esteem in Children and Young People – 1 session – Thursday 13 th October 2022, 12:30pm to 2:30pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Tuesday 8 th November 2022, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Monday 14 th November 2022, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Wednesday 30 th November 2022, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Thursday 12 th January 2023, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Friday 20 th January 2023, 10am to 12pm
Understanding Emotional Regulation in School Aged Children – 1 session – Monday 23 rd January 2023, 10am to 12pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Monday 30 th January 2023, 10am to 12pm
Understanding Self-esteem in Children and Young People – 1 session – Thursday 9 th February 2023, 10am to 12pm

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

Courses available online – via Zoom
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Monday 13 th February 2023, 12:30pm to 2:30pm
Understanding Sensory Needs in School Aged Children – 1 session – Thursday 16 th March 2023, 12:30pm to 2:30pm
Understanding Low Mood in Children and Young People – 1 session – Thursday 30 th March, 10am to 12pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Monday 8 th May 2023, 10am to 12pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Thursday 18 th May 2023, 12:30pm to 2:30pm
Understanding Emotional Regulation in School Aged Children – 1 session – Wednesday 24 th May 2023, 12:30pm to 2:30pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Friday 9 th June 2023, 10am to 12pm
Understanding Self-esteem in Children and Young People – 1 session – Monday 12 th June 2023, 12:30pm to 2:30pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Thursday 22 nd June 2023, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Friday 30 th June 2023, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Monday 3 rd July 2023, 12:30pm to 2:30pm

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.

For course descriptions and to enrol, please see website below:

Online registration:
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 Call: 0300 303 2626

