

Courses available online – via Zoom

Understanding and Supporting School Aged Children Who Self-harm – 1 session – Thursday 23rd June 2022, 10am to 12pm

Understanding Sensory Needs in School Aged Children – 1 session – Friday 1st July 2022, 10am to 12pm

Understanding Low Mood in Children and Young People – 1 session – Monday 4th July 2022, 12:30pm to 2:30pm

Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Friday 16th September 2022, 10am to 12pm

Understanding Emotional Regulation in School Aged Children – 1 session – Thursday 29th September 2022, 12:30pm to 2:30pm

Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Saturday 1st October 2022, 9am to 11pm **(Saturday course)**

Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Saturday 1st October 2022, 12pm to 2pm **(Saturday course)**

Understanding and Supporting School Aged Children Who Self-harm – 1 session – Saturday 1st October 2022, 2:30pm to 4:30pm **(Saturday course)**

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Wednesday 5th October 2022, 12:30pm to 2:30pm

Understanding Self-esteem in Children and Young People – 1 session – Thursday 13th October 2022, 12:30pm to 2:30pm

Understanding and Supporting School Aged Children Who Self-harm – 1 session – Tuesday 8th November 2022, 10am to 12pm

Understanding Sensory Needs in School Aged Children – 1 session – Monday 14th November 2022, 10am to 12pm

Understanding Low Mood in Children and Young People – 1 session – Wednesday 30th November 2022, 12:30pm to 2:30pm

Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Thursday 12th January 2023, 12:30pm to 2:30pm

Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Friday 20th January 2023, 10am to 12pm

Understanding Emotional Regulation in School Aged Children – 1 session – Monday 23rd January 2023, 10am to 12pm

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Monday 30th January 2023, 10am to 12pm

Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Saturday 4th February 2023, 9am to 11am **(Saturday course)**

Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Saturday 4th February 2023, 12pm to 2pm **(Saturday course)**

Online registration:

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

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

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Understanding Emotional Regulation in School Aged Children – 1 session – Saturday 4 th February 2023, 2:30pm to 4:30pm (Saturday course)
Understanding Self-esteem in Children and Young People – 1 session – Thursday 9 th February 2023, 10am to 12pm
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 2023, 10am to 12pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Monday 8 th May 2023, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Saturday 13 th May 2023, 9am to 11pm (Saturday course)
Understanding Low Mood in Children and Young People – 1 session – Saturday 13 th May 2023, 12pm to 2pm (Saturday course)
Understanding Self-esteem in Children and Young People – 1 session – Saturday 13 th May 2023, 2:30pm to 4:30pm (Saturday course)
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

