



The Hive

This week...

...12th January 2023

1.30pm-2.30 pm in the Rainbow hut.



Recovery & Wellbeing **ACADEMY**

Would you like to improve your wellbeing?

The Recovery and Wellbeing 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 include Arts & Crafts, Mindfulness, Cooking and Tai Chi. We can also support parents/carers to better understand and manage children's emotional wellbeing.

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.

Come and join us today for a cuppa and a chat to see if there is a course to suit you!

Contact Cathryn Smith or Claire Grant in school for further details.