

Recovery Academy

Course calendar with venues

November 2026 to March 2027

This calendar is for information only. To book onto a course, you need to find the course in the courses menu and add to your basket.

November 2026

Date	Course	Venue
11 November 2026	Developing Your Assertiveness Skills	Online via Microsoft Teams
17 November 2026	Understanding Depression and Recovery	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
19 November 2026	Raising Awareness of Autistic Spectrum Condition	Online via Microsoft Teams
19 November 2026 1pm to 4pm	An Introduction to Improv for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
23 November 2026	Understanding and Exploring Neurodiverse Experiences	Room 3, The Curve, GMMH, Bury New Road, Prestwich M25 3BL
24 November 2026	Understanding Anger and Aggression	Room 3, The Curve, GMMH, Bury New Road, Prestwich M25 3BL
26 and 27 November 2026	Node Link Mapping and Behavioural Activation	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
27 November 2026	Understanding and Responding to Crises	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
30 November 2026	Building Self Esteem	St. Peter's Pavillion, Hurst Street, Hindley WN2 3DN

December 2026

Date	Course	Venue
1 December 2026	An Introduction to Listening Skills	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
1 December 2026 2pm to 4pm	Understanding Quality Improvement - Bronze Training	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
1 and 2 December 2026	Facilitating Self Help Groups	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
2 December 2026	An Introduction to Compassion Focused Therapy	St. Peter’s Pavillion, Hurst Street, Hindley WN2 3DN
2 December 2026	Let’s Talk About Suicide	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 December 2026	Understanding and Managing Hearing Voices	Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU
8 December 2026	Understanding and Managing PTSD	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
9 December 2026	Raising Awareness of Psychosis	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
9 December 2026	An Introduction to Emotional Freedom Techniques	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
9 and 10 December 2026	Systematic Innovation Training	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 December 2026	Understanding and Managing Bipolar Disorder	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
11 December 2026	Understanding and Managing ADHD - NEW!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 and 16 December 2026	An Introduction to Motivational Interviewing	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
18 December 2026	Yoga and Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 December 2026	Creative Facilitation Skills	Conference Room 7, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

January 2027

Date	Course	Venue
4 January 2027 9am to 1pm	Deaf Awareness	Seminar Room 1, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
4 January 2027	Overcoming Sleep Problems	Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU
5 January 2027	Let’s Talk About Menopause - New!	Conference Room 7, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
6 January 2027	Co-Production - Getting it Right	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
7 January 2027	Neurographics for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
8 January 2027	Joy Workshop - Day 1	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
13 January 2027	An Introduction to CBT Informed Practice	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
13 January 2027	Developing Your Assertiveness Skills	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
14 January 2027	Raising Awareness of Personality Disorder	St. Peter’s Pavillion, Hurst Street, Hindley WN2 3DN
14 January 2027 1:30pm to 4:30pm	An Introduction to Relaxation Skills	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 January 2027	Understanding and Managing Worry	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
15 January 2027	Joy Workshop - Day 2	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
18 January 2027	Raising Awareness of Eating Disorders	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 January 2027	Gender and Sexual Identity	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
20 January 2027	An Introduction to Housing Law	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

January 2027

Date	Course	Venue
21 January 2027	Becoming a Parent and its Effect on Mental Health	Conference Room 6, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 January 2027	True Face of Trauma	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 January 2027 10am to 12pm	The Role of an Appropriate Adult at the Police Station	Online via Microsoft Teams
25 January 2027	Understanding and Managing Self-Harm Behaviours	Seminar Room 2, The Curve, GMMH. Bury New Road, Prestwich, Manchester M25 3BL
27 January 2027	Talking About Trauma and Psychosis - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

February 2027

Date	Course	Venue
1 February 2027	Understanding Medication used to treat Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
4 February 2027	Let’s Talk About Domestic Abuse	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
5 February 2027	Understanding and Managing OCD	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 February 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 1	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 February 2027 1pm to 4pm	To Tell or Not To Tell	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
11 February 2027	Trust Your Gut	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
11 February 2027 1pm to 4pm	An Introduction to Improv for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
12 February 2027	Building Self Esteem	Online via Microsoft Teams
12 February 2027	Understanding and Managing Bipolar Disorder	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 February 2027	An Introduction to Compassion Focused Therapy	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
16 February 2027	Understanding and Managing Grief	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
17 February 2027 - 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 2	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
18 February 2027	Using Creativity to Improve Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 February 2027	An Introduction to Emotional Freedom Techniques	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
22 February 2027	Understanding Depression and Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

February 2027

Date	Course	Venue
23 February 2027	Advocacy in Mental Health	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
24 February 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 3	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
24 February 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 1	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
24 February 2027	Understanding Anger and Aggression	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
25 February 2027 10am to 3pm	An Introduction to Life Story Work	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 February 2027	Understanding and Exploring Neurodiverse Experiences	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
26 February 2027	Raising Awareness of Personality Disorder	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
26 February 2027	Coaching Skills for Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

March 2027

Date	Course	Venue
1 March 2027	Living Well with Dementia	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
2 March 2027	Spiritual Care and Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 March 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 4	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 2	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
3 March 2027	Let’s Talk About Suicide	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
4 March 2027	Raising Awareness of Autistic Spectrum Condition	Online via Microsoft Teams
4 March 2027	Understanding and Managing Imposter Syndrome	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
9 March 2027	Raising Awareness of Eating Disorders	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 March 2027	Getting back into Employment - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 3	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
11 March 2027	Understanding Chronic Pain and Taking Back Control	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
12 March 2027	Roots of Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 March 2027 9am to 1pm	Deaf Awareness	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
16 March 2027	Mirror of the Mind - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
17 March 2027	An Introduction to CBT Informed Practice	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

March 2027

Date	Course	Venue
17 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 4	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
18 and 19 March 2027	Node Link Mapping and Behavioural Activation	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 March 2027	Understanding and Managing PTSD	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
19 March 2027 10am to 11am	Family Law (The Basics) - Domestic Abuse	Online via Microsoft Teams
22 March 2027	Nature to Nurture	Lancashire Wildlife Trust, Environmental Centre, 499-511 Bury Road, Bolton BL2 8DH
23 and 24 March 2027	An Introduction to Motivational Interviewing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 March 2027	Understanding and Managing Hearing Voices	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 March 2027 10am to 11am	Family Law (The Basics) - Private Children's Law	Online via Microsoft Teams

April 2027

Date	Course	Venue
6 April 2027	An Introduction to the Recovery Academy: HOPE	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Contact us

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