








12th July 2021 – 3rd October 2021

	Name	Key	Time	Facilitator	Session Type
Monday	Tips & Tricks to a happier me		11:00am – 12:00pm	Shams	Zoom Sign up – 6 weeks
	Mindful Living		1.00pm – 2.00pm	Karolina	Zoom Sign up – 6 weeks
	Quiz!		3:00pm – 4:00pm	Sarah	Zoom Sign up – weekly
Tuesday	Coping With Depression and Low Mood		11:00am – 12:00pm	Mariya	Zoom Sign up – 6 weeks
	Managing Anxiety		2:00pm – 3:00pm	Amy	Zoom Sign up – 6 weeks
Wednesday	Creative Writing		11.00am – 12.00pm	Jessica	Zoom Sign up – 6 weeks
	Living your best life		2:00pm – 3:00pm	Zaf	Zoom Sign up – 6 weeks
Thursday	Further Change the way you think		1:00pm – 2:00pm	Judith	Zoom Sign up – 6 weeks
	Get Things Done: organising skills for your life and mind		3:00pm – 4:00pm	Gagan	Zoom Sign up – 6 weeks
Friday	Dealing with Intense Emotions		11:00am – 12:00pm	Magda	Zoom Sign up – 6 weeks
	One-Off Workshops – See Below		11:00am – 12:00pm	Shams	Zoom Sign up – one-off
	Overcoming Anxiety about the “new normal” (post COVID)		2:00pm – 3:00pm	Kirsty	Zoom Sign up – 3 weeks
	Relaxation Drop-in		3:00pm – 4:00pm	Megan	Zoom Sign up – weekly

Workshops (One-Off Sessions):

Name:	Key	Date/Time:	Facilitator:	Session Type:
Accepting change		Friday 23 rd July, 11:00am – 12:00pm	Shams	Zoom Sign up – one-off
Let go. Go with the flow		Friday 6 th August, 11:00am – 12:00pm	Shams	Zoom Sign up – one-off
Mental Health in Asian Communities		Friday 20 th August, 11:00am – 12:00pm	Mariya	Zoom Sign up – one-off
Quote me Happy		Friday 3 rd September, 11:00am – 12:00pm	Shams	Zoom Sign up – one-off
Resilience & me		Friday 24 th September, 11:00am – 12:00pm	Shams	Zoom Sign up – one-off

If you would like to take part in any of these sessions, please call 0121 476 4349 or 0121 389 0213 for more details. Details on how to access the group will be given when you call the Hub.

Further information about the Groups:

Tips & Tricks to a happier me - 10 clear ways we all increase our happiness levels.

Mindful Living - Learn how to apply mindfulness in your everyday life with practical tips and live guided meditations from a qualified Mindfulness Teacher.

Quiz! – join us for our weekly quiz, a fun way to socialise and test your trivia!

Coping With Depression and Low Mood - 6-week course exploring causes, triggers, and coping mechanisms for depression and low mood, as well as daily life changes to improve your mood.

Managing Anxiety - A course to give you the tools and resources to be able to manage anxiety more effectively.

Creative Writing - weekly creative writing prompts, activities and tips to improve your writing.

Living your best life – Making small changes in your life to help you feel better.

Further Change the way you think - A follow-on course for those who have already completed CTWYT

Get Things Done: organising skills for your life and mind – Develop skills and routines to plan and coordinate all aspects of your life.

Dealing with Intense Emotions - aims to increase your understanding of emotions, including lifestyle changes and coping techniques for better emotion regulation.

Overcoming Anxiety about the “new normal” (post COVID) - Coping with the changes of the pandemic and life after lockdown

Relaxation Drop-in – A dedicated time each week to focus on relaxing your mind and body.