

01/07/2021 - 30/09/2021

# HANDSWORTH TIMETABLE

Mental Health and Wellbeing Hub



## Handsworth Hub

**Online Zoom support sessions, please contact a staff member to access.**



ONLINE	Day	Time	Contact Details
<i>Discussion Group</i>	<i>Monday</i>	<i>3 - 5</i>	<i>Elena</i> <i>07592371708</i>
<i>Wellbeing &amp; Social Support Drop in</i>	<i>Wednesday</i>	<i>11 - 12:30</i>	<i>Pam</i> <i>07734 959866</i>
<i>Anxiety and Depression</i> <i>6th Aug - 10th Sep</i>	<i>Friday</i>	<i>11 - 1</i>	<i>Amross</i> <i>07734959920</i>
<i>Weekly Workshop</i>	<i>Friday</i>	<i>2 - 4</i>	
<i>Covid workshop over zoom</i> <i>NHS videos and Q &amp; A session</i>	<i>Saturday 17.7.21</i>	<i>10-12</i>	<i>David</i> <i>01216263540</i>

*Workshops change each week, so ask staff what's coming up this week.*

A modern Computer/Smartphone/Tablet is required to access online sessions.

We are happy to offer support to get you up and running if required.

