



18th October 2021 – 26th November 2021

If you would like to take part in any of these sessions please contact the **Northfield Hub** on **0121 476 4349** or the **Yardley Hub** on **0121 389 0213** to book a space.

Details on how to join will be given when you call.

	Name	Key	Time	Facilitator	Session Type
Monday	Improving Confidence and Self-esteem		9:30 am – 10:30am	Judith	Zoom Sign up – 6 weeks
	Quiz!		11:00am – 12:00pm	Anne	Zoom Sign up – weekly
Tuesday	Managing Obsessions and Compulsions		10:00am – 11:00am	Sarah	Zoom Sign up – 6 weeks
	Safe and Sound		1:00pm – 2:00pm	Maria	Zoom Sign up – 6 weeks
	Managing Anxiety		2:00pm – 3:00pm	Amy	Zoom Sign up – 6 weeks
Wednesday	Relaxation Drop-in		3:00pm – 4:00pm	Megan	Zoom Sign up – weekly
Thursday	Coping with Voices and Hallucinations		11:00am – 12:00am	Magda	Zoom Sign up – 6 weeks
	Understanding Change		1:00pm – 2:00pm	Judith	Zoom Sign up – 6 weeks
Friday	Wellbeing Workshops		11:00am – 12:00pm	Shams	Zoom Sign up – weekly

Further information about the Groups:

Improving Confidence and Self-esteem – A 6 week course looking at a range of techniques and activities to help build your confidence and be more assertive in your relationships.

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

Managing Obsessions and Compulsions – A 6 week course aimed at understanding and coping with obsessive compulsions and obsessive compulsive disorder.

Safe and Sound – A series of interactive workshops aimed at increasing confidence and understanding of disability rights, personal safety at home and in the community, internet safety and safe relationships. Facilitated by the Disability resource centre.

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

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

Coping with Voices and Hallucinations - Increase your understanding of psychosis and disorders on the schizophrenia spectrum. Includes causes, sources of support, lifestyle changes and coping strategies.

Understanding Change – A 6 week course looking at our attitudes to change and how this can affect our day-to-day life.

Wellbeing Workshops – A range one-off workshops a variety of topics around mental health and wellbeing.