



Mental Health &
Wellbeing Hubs

Creative Support

Online Session Timetable
0121 476 4349 or 0121 389 0213

17th January – 10th April 2022

	Name	Key	Time	Facilitator	Session Type
Monday	Managing Mental Health		3:00pm – 4:00pm	Anne	Zoom Sign up – 6 weeks
Tuesday	Managing Anxiety		11.00am – 12.00pm	Amy	Zoom Sign up – 6 weeks
Wednesday	Positive Lifestyle Changes & Daily Living Skills		11.00am – 12.00pm	Sarah	Zoom Sign up – 6 weeks
Thursday	Change the way you think		11.00am – 12.00pm	Judith	Zoom Sign up – 6 weeks
Friday	Relaxation		10.00am – 11.00am	Megan	Zoom Drop-in – weekly

Course Categories: Mental Health Self-care Life Skills Meaningful Activities Physical Health Employment and Training Social Groups

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 some of our Groups:

Positive Lifestyle Changes & Daily Living Skills – Covering a variety of topics such as motivation, time management, decision making, sleep hygiene and other lifestyle changes that will positively impact your wellbeing.

Change the way you think – Based on CBT approaches, understanding the links between thoughts, feelings and behaviours.