



Mental Health &
Wellbeing Hubs

Creative Support

Online Session Timetable
0121 476 4349 or 0121 389 0213

18th April – 10th July 2022

	Name	Key	Time	Facilitator	Session Type
Monday	Creating Healthy Boundaries		11:00am – 12:00pm	Kirsty	Zoom Sign up – 6 weeks
Tuesday	Change the way you think		2.00pm – 3.00pm	Judith	Zoom Sign up – 6 weeks
Wednesday	Relaxation		11.00am – 12.00pm	Megan	Zoom Drop-in – weekly
Thursday	Improving Confidence & Self-Esteem		11.00am – 12.00pm	Judith	Zoom Sign up – 6 weeks
Friday	Wellbeing and recovery action plan		1:30pm – 2:30pm	Shams	Zoom Sign up – 3 weeks

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.