



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## North Solihull Timetable: 15th July-6th October

Three Trees Community Centre, Hedingham Grove, B37 7TP

	Session	Type	Dates	Time	Facilitator
Monday	Understanding Emotions & Feelings		4 week course <b>starting 15th July</b>	5:30 - 6:30	Kiona
	Coping with Loss & Change		4 week course <b>starting 12th August</b>	5:30 - 6:30	Kiona
	Positive Life Skills		4 week course <b>starting 16th September</b>	5:30 - 6:30	Kiona
	Session	Type	Dates	Time	Facilitator
Wednesday	Managing Anxiety (online sessions)		<b>Starting 17th July</b>	3:30 - 4:30	Aamina (Ask staff for Zoom link)
	Session	Type	Dates	Time	Facilitator
Thursday	Cuppa, Craft & Catch Up		Every Thursday	1:00 - 2:00	Aamina
	Service User Forum Have your say in shaping & improving the service!		<b>Thursday 29th August</b>	1:00 - 2:30	Kiona
	Creating Positive Habits		6 week course <b>starting 18th July</b>	2:30 - 3:30	Aamina
	Emotional Empowerment: Building a Self-Care Toolbox		6 week course <b>starting 29th August</b>	2:30 - 3:30	Aamina
	Session	Type	Dates	Time	Facilitator
Friday	5 Ways to Wellbeing (online sessions)		<b>Starting 19th July</b>	3:00 - 4:00	Laila (Ask staff for Zoom link)



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## Where to find us!



**Three Trees Community Centre,  
Hedingham Grove, B37 7TP**

## Get in touch!

Reception  
0121 389 0213

Kiona  
07970016521  
kiona.witherington@  
creativesupport.org.uk

Aamina  
07966629750  
aamina.khan@creativesupport.org.uk

## Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

## Find out more

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team



Once you've completed your referral, you can access all of our hubs. Contact your Recovery Navigator for more information.

Check out our website to find out more!

[www.birminghammentalhealth.org.uk](http://www.birminghammentalhealth.org.uk)

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