





Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley) 13th Jan - 6th April

Shirley Methodist Church, 257 Stratford Road, Solihull, B90 3AL

						Session	Type	Dates	Time	Facilitator
Tuesday		CBT skills: Living Your Best Life		6 week course 14th January - 18th February	11:00 - 12:00	Zaf				
		Healthy Living		6 week course 25th February - 1st April	11:00 - 12:00	Zaf				
						Session	Type	Dates	Time	Facilitator
Wednesday		DBT skills: Dealing with Intense Emotions		6-week course 15th January - 19th February	1:00 - 2:00	Zehtoon				
		Service User Forum Have your say in shaping & improving the service!		26th February	1:00 - 2:00	Kiona				
		Cuppa, Craft & Chat		5th March - 2nd April	1:00 - 2:00	Zehtoon				
						Session	Type	Dates	Time	Facilitator
Friday		Managing Anxiety (ONLINE)		6 week sign up (Ask staff for Zoom link)	12:00 - 1:00	Sally				



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Where to find us!



**Shirley Methodist Church,
257 Stratford Road,
Solihull, B90 3AL**

Get in touch!

Reception - Yardley Hub
0121 389 0213

Zaf
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07970158433

Zehtoon
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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

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