



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

South Solihull (Shirley) 14th April - 6th July

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

	Session	Type	Dates	Time	Facilitator
Tuesday	Relaxation & Grounding Techniques		6 week course 15th April - 20th May	11:30 - 12:30	Nicola
	Dealing with Intense Emotions (DBT skills)		6 week course 27th May - 1st July	11:30 - 12:30	Nicola
	Session	Type	Dates	Time	Facilitator
Wednesday	The Benefits of Having a Routine		4 week course 16th April - 7th May	1:00 - 2:00	Zuha
	Relaxation & Grounding Techniques		4 week course 14th May - 4th June	1:00 - 2:00	Zuha
	Service user feedback session Have your say in shaping and improving the service!		11th June	1:00 - 2:00	Kiona
	Nature for Wellbeing		3 week course 18th June - 2nd July	1:00-2:00	Zuha
	Session	Type	Dates	Time	Facilitator
Friday	Managing Anxiety (ONLINE)		Fridays 12:00-1:00 (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!

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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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