




The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood)

Timetable: 12th January - 5th April 2026

Three Trees Community Centre, Hedingham Grove, B37 7TP

	Session	Time	What is it about?
Monday	Exploring Emotions Through Art	1.30 - 2.30pm	 <p>A group where creativity meets self-expression. We will use art therapy techniques to explore emotions and build self-awareness.</p>
Thursday	Conversations & Connections	11.30am - 12.30pm	 <p>This group offers a non-judgmental space for conversation, helping you connect with others, share experiences and feel less alone.</p>
	Mental Health & Wellbeing Workshops	1.00pm - 2.00pm	 <p>Each week we explore different topics to support your wellbeing, including:</p> <ul style="list-style-type: none"> • Healthy relationships • Confidence and self-esteem • Dealing with emotions • Coping with loss and change • Relaxation & grounding ...and more!



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Our groups also run in South Solihull and Yardley.

To find out more and see other group timetables, visit:

www.birminghammentalhealth.org.uk

Get in touch!

Reception - Yardley Hub
0121 389 0213

Nicki - 07980759999
Nicola.Mclarney@creativesupport.org.uk

Grace - 07815653459
grace.myers@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 head to our website where you can make a referral, view other hubs timetables and get in touch.



Once you've attended your welcome appointment, you can access all of our hubs. Contact your Recovery Navigator for more information.
Check out our website to find out more!

 **Mind Birmingham**

www.birminghammentalhealth.org.uk

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