



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## South Solihull (Shirley)

### Timetable: 12th January - 5th April 2026

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

	Session	Time	What is it about?
Tuesday	Tools for Managing Anxiety	12.00pm - 1.00pm	 <p>Learn practical strategies to manage anxiety through mind-body techniques, including mindfulness, relaxation, grounding and other coping skills.</p>
	Coping with Low Mood & Depression	1.00pm - 2.00pm	 <p>Learn strategies to manage low mood and depression, including coping skills, self-care tools and ways to build resilience in a safe and supportive space.</p>
	Session	Time	What is it about?
Wednesday	Conversations & Connections	1.00pm - 2.00pm	 <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	2.00pm - 3.00pm	 <p>Each week we explore different topics to support your wellbeing, including:</p> <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Confidence and self-esteem</li> <li>• Dealing with emotions</li> <li>• Coping with loss and change</li> <li>• Relaxation &amp; grounding</li> <li>• ...and more!</li> </ul>



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

#### Get in touch!

Reception - Yardley Hub  
0121 389 0213

Nicki - 07980759999  
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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](http://www.birminghammentalhealth.org.uk)

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