



# The Mental Health & Wellbeing Hubs

**Yardley Timetable: 12<sup>th</sup> January - 5<sup>th</sup> April**

195 - 197 Church Road, Yardley, Birmingham, B25 8UR

admin.yardley@creativesupport.org.uk

0121 389 0213

	Session	Type	Time	Facilitator
Monday	Board Games & Connect (18 - 25s)		1:00 - 2:30	Barnaby / Helen (Shine) Drop-in
	Coping with Low Mood & Depression		2:30 - 3:30	Malaika Drop-in
	Beyond the Diagnosis: Learning about Mental Health		3:30 - 4:30	Malaika Drop-in
Tuesday	Neurodiverse Friendly Group (monthly)		10:30 - 11:30	Amirah 27 <sup>th</sup> January, 24 <sup>th</sup> February, 24 <sup>th</sup> March
	Managing My Mental Health : Accredited Course		11:30 - 1:30	Shams Sign-up 12 weeks
	Building Healthy Relationships		2:00 - 3:00	Monica Drop-in
	Scrapbooking - Journalling Edition		3:00 - 4:30	Sally Sign-up 6 weeks
Wednesday	Asian Women's Support Group		11:30 - 12:30	Zehatoon Drop-in
	Open Afternoon (monthly)		12:30 - 2:00	Karolina & Kiona 4th February, 4th March & 1st April
	Menopause Awareness (21 <sup>st</sup> January)		1:00 - 2:00	Menopause Knowledge CIC (one-off workshop)
	Men's Support Group (monthly)		1:00 - 2:00	Paul 14 <sup>th</sup> Jan, 11 <sup>th</sup> Feb, 11 <sup>th</sup> March
	Jewellery Making		2:00 - 3:00	Monica Sign-up 6 weeks
Thursday	Creative Writing		10:30 - 12:00	Karen & Rebekah Drop-in
	Relaxation & Grounding Techniques		12:30 - 1:30	Sally Drop-in
	Voices of Hope & Recovery (Peer Support)		2:00 - 3:00	Julie Drop-in
Friday	Friendship Group		10:30 - 12:00	Barbara Drop-in
	Arts & Crafts		1:00 - 2:30	Darren Drop-in



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## Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement

## Peer Support

If you're struggling, feeling lonely or need a little extra support you may benefit from our peer support. Our Peer Mentor is a volunteer with lived experience of mental health recovery and offers additional 1:1 emotional support in-between appointments with your Recovery Navigator. Sign-up required.



## Employment Support



Employment Support through Shaw Trust is available Tuesdays between 2pm-4pm, fortnightly.  
Sign-up required.



## 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 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!

 **mind** Birmingham

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

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