



Mental Health &
Wellbeing Hubs

The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood) Timetable:

13th July - 4th October

Three Trees Community Centre, Hedingham Grove, B37 7TP

www.birminghammentalhealth.org.uk

Monday	Session	Time	What is it about?
	Writing for Wellbeing 	1.30 - 2.30pm	A relaxed and beginner-friendly group, where creative writing prompts encourage mindfulness, self-expression and imagination. Through guided activities, you'll have the opportunity to explore the benefits of creative writing for emotional wellbeing.
Thursday	Session	Time	What is it about?
	Building Healthy Relationships 	1.00-2.00pm	This supportive course explores the foundations of healthy relationships, starting with the relationship you have with yourself. Through learning about attachment patterns, emotion regulation and boundaries, you can build confidence, strengthen connections and develop healthier relationships with the people in your life.
	Craft & Chat 	2.00-3.00pm	A relaxed, welcoming space for creativity and connection. Whether you're looking for a space to unwind, create or connect with others, everyone's welcome!

 Mind Birmingham

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Registered Charity No. 1003906 Company Limited by Guarantee No. 02024372





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Get in touch!

Reception - Yardley Hub

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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 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!

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