The Mental Health & Wellbeing Hubs

North Solihull (Chelmsley Wood) Timetable

12th October - 20th December

Three Trees Community Centre, Hedingham Grove, B37 7TP

Monday

Session	Time	What is it about?
Understand and Express Your Emotions 	3.00 - 4.30pm	In these sessions, we will... • practice naming emotions to improve your 'emotional vocabulary' • understand the psycho-emotional benefits of naming emotions discuss coping strategies for different emotions • do simple artistic and mindfulness activities to help you unwind

Thursday

Session	Time	What is it about?
Understanding Motivation 	1.00-2.00pm	Explore motivation, energy, habits and self compassion, and discover simple ways to build momentum while being kinder to yourself along the way. This five week journey offers a supportive space to learn, explore and reflect, helping you to understand yourself a little better, find what works for you, and take small steps towards positive change.
Activities & Connection 	2.00-3.00pm	Come along to a safe, quiet space and connect with others who are also learning how to better cope with their mental health. Each week there will be gentle activities (like jigsaws, card games and word searches) to help you build confidence in meeting new people and building healthy connections.

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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 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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