



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## North Solihull Timetable: 14th Oct-22nd Dec

Three Trees Community Centre, Hedingham Grove, B37 7TP

		Session	Type	Dates	Time	Facilitator
Monday		Improve Your Confidence & Self-Esteem (ONLINE)		<b>Weekly</b> (Ask for Zoom link)	3.30 - 4.30	Sally
		Coping with Low Mood and Depression		4 week course <b>starting 28th October</b>	5:30 - 6:30	Helima
		Motivation and Self Care		4 week course <b>starting 25th November</b>	5:30 - 6:30	Helima
		Session	Type	Dates	Time	Facilitator
Thursday		Cuppa, Craft & Catch Up	 	Every Thursday	1:00 - 2:00	Laila
		Positive Growth Mindset		5 week course <b>starting 17th October</b>	2:30 - 3:30	Laila
		Building Secure Relationships		5week course <b>starting 21st November</b>	2:30 - 3:30	Laila

### Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunites



Admin & Service Involvement



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## Where to find us!



**Three Trees Community Centre,  
Hedingham Grove, B37 7TP**

## Get in touch!

Reception  
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Laila  
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## Find out more

Scan the QR Code to check your eligibility and complete an online referral form or speak to the team



Once you've completed your referral, and attended the Hub for 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!

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

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