



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)		Weekly (Ask for Zoom link)	3.30 - 4.30	Sally
		Managing my Mental Health workshops		Bi-weekly 4th & 18th November- Coping with Low Mood & Depression 2nd & 16th December - Motivation & Self-Care	5:30 - 6:30	Helima
		Session	Type	Dates	Time	Facilitator
Thursday		Cuppa, Craft & Catch Up	 	Every Thursday	1:00 - 2:00	Helima
		Positive Growth Mindset		5 week course starting 17th October	2:30 - 3:30	Helima
		Building Secure Relationships		5 week course starting 21st November	2:30 - 3:30	Helima

Session Types:



Social Groups



Life Skills



Mental Health & Self Care



Physical Health



Creative Opportunities



Admin & Service Involvement



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Where to find us!



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

Get in touch!

Reception
0121 389 0213

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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

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