



Mental Health &  
Wellbeing Hubs

# The Mental Health & Wellbeing Hubs

## Yardley Timetable: 13th January - 6th April

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

admin.yardley@creativesupport.org.uk

0121 389 0213

	Session	Type	Time	Facilitator
Monday	DBT skills: Dealing with Intense Emotions		11:00 - 12:00	Zehtoon Sign-up
	Craft & Connect (for 18 - 25s)		12:30 - 2:00	Barnaby (Shine)
	Living with Depression & Low Mood		2:30 - 3:30	Anne Sign-up
Tuesday	Wellbeing Support Group		10:00 - 11:30	Anne Drop-in
	Managing My Mental Health (accredited 12 week course)		12:00 - 1:30	Shams Sign-up
	Baking & Cooking on a Budget		2:00 - 3:30	Sally Sign-up
Wednesday	CBT skills: Living Your Best Life		11:30 - 12:30	Zaf Drop-in
	Open Afternoon		12:30 - 2:00	Karolina & Kiona 5th February, 5th March, 2nd April
	Positive Lifestyle Changes		2:30 - 3:30	Laila Drop-in
Thursday	Motivational Crafts		10:30 - 12:30	Karen & Rebekah Sign-up
	Relaxation & grounding techniques		1:00 - 2:00	Sally Drop-in
	Voices of Hope & Recovery (Peer Support)		2:00 - 3:00	Julie Drop-in
	Evening Social Support Group		5:30 - 6:30	Zaf Drop in
	Healthy Living		6:30 - 7:30	Zaf Drop in



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Friday	Friendship Group		10:30 - 12:30	Barbara Drop-in
	ONLINE: Managing Anxiety		12:00 - 1:00	Sally Sign-up
	Arts & Crafts		1:00 - 2:00	Darren Drop-in
	Motivation & Self-Care		2:30 - 3:30	Laila Drop-in
Saturday	Session	Type	Time	Session Type
	Weekend Catch-up		10:30 - 11:30	Service user led Drop-in

### 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

shaw trust

40 YEARS

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!

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

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