



NORTH BIRMINGHAM

Course Title	Staff	Start	Finish	Day	Time	Duration	Location
Anxiety Management (women only)	Kiran/Dee	11th sept	6th Nov	Mon	10-12	9 weeks	Dolphin Center, Washwood Heath
Anxiety Management	Kiran/Venicia	15th Aug	10th Oct	Tues	10am-12pm	9 weeks	YMCA, Erdington
Yoga	External	21st	28th Nov	Tues	12 -1pm	Every week	YMCA, Erdington
Mindfulness	Denise/Rabeya	22nd Aug	17th Oct	Tues	1.30-3.30pm	9 weeks	YMCA, Erdington
Yoga	External Tutor	18th July	ongoing	Tues	6-7pm	Every week	YMCA, Erdington
Mindfulness	Kiran/Rob	10th Aug	5th Oct	Thurs	6-8pm	9 weeks	YMCA, Erdington

SOUTH BIRMINGHAM

Course Title	Staff	Start	Finish	Day	Time	Duration	Location
Mindfulness for Stress	Selina	16th Aug	11th Oct	Weds	10am-12pm	9 weeks	Kenrick Center
Mindfulness for Stress	Foyzia/Monika	17th Aug	12th Oct	Thurs	6-8pm	9 weeks	Kenrick Center

To sign up to these courses call **0121 262 3555** or email us: wellbeinghub@birminghammind.org

Access Criteria: 18+, Under a GP in the Cross City CCG, Not currently in the care of a specialist mental health team. A list of eligible GP Surgeries can be found at:

<http://bhamcrosscityccg.nhs.uk/about-us/practices-ace-provider-groups>