

Being Well Service Timetable

Our Being Well service is specially designed to support adults, at home via an online platform.

The service is open to all Birmingham residents, over 18, currently only accessing primary care services.

Course	Dates	Time
Mindfulness (4 week course)	Tuesday 19th January 2021 Tuesday 26th January 2021 Tuesday 2nd February 2021 Tuesday 9th February 2021	6:30pm — 8:30pm
Anxiety Management (4 week course)	Thursday 21st January 2021 Thursday 28th January 2021 Thursday 4th February 2021 Thursday 11th February 2021	6:00pm — 8:00pm
Building Better Resilience for Stress and Anxiety (4 week course)	Wednesday 3rd February 2021 Wednesday 10th February 2021 Wednesday 17th February 2021 Wednesday 24th February 2021	1:00pm — 2:30pm

Last Updated: 11 January 2021

To register for
your **FREE** place email

help@birminghammind.org and
leave your contact details or
call our

Helpline on **0121 262 3555**

All courses will be delivered via
Zoom

