

Birmingham Wellbeing Hub

March 2024

	MON	TUE	WED	THU	FRI	SAT	SUN
	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM		
MORNING	DROP IN FROM 10AM	11:00-13:00 UNRAVEL: CROCHET & KNITTING GROUP	10:00-12:00 EMPLOYMENT SUPPORT shaw trust BI WEEKLY	10:00-13:00 WELLBEING HUBS FIND OUT ABOUT OUR 4 RECOVERY HUBS AND WELLBEING POP UPS	10:30-15:30 FUNDRAISING FRIDAY FIND OUT HOW YOU CAN SUPPORT THE WORK OF BIRMINGHAM MIND (ONCE A MONTH)		11:00-13:00 ASSOCIATE GROUP ACTIVITY  JOIN OUR ANTI - STIGMA CAMPAIGN GROUP FOR WALKS AND TALKS
AFTERNOON	14:00 - 16:00 ADDICTION SUPPORT & ADVICE  aquarius BI WEEKLY STARTS ON 4TH MARCH	DROP IN TILL 4PM	15:00 - 16:00 MEN ONLY HEALTH SESSIONS DROP IN FOR MENS MENTAL AND PHYSICAL HEALTH PEER SUPPORT	13:00 - 15:00 ART THERAPY WORKSHOP  1ST THURS EVERY MONTH	10:30-15:30 VULNERABLE ADULTS SERVICE FIND OUR ABOUT SUPPORT AT HOME AND SUPPORTED HOUSING		
EVENING				18:30- 19:30 PREGNANCY SUPPORT AFTER LOSS  Bethel Health & Healing Network 1ST THURS EVERY MONTH			