






	MON	TUE	WED	THU	FRI
	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	10:00-16:00 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)
AFTERNOON	14:00 - 16:00 ADDICTION SUPPORT & ADVICE  aquarius BI WEEKLY	13:00 - 16:00 SIFA FIRESIDE HOUSING SUPPORT 	15:00 - 16:00 MEN ONLY HEALTH SESSIONS DROP IN FOR MENS MENTAL AND PHYSICAL HEALTH PEER SUPPORT	10:00-16:00 Last Thurs of the month Women's Trauma Sessions 	DROP IN TILL 4PM
AFTERNOON		13:30 - 15:00 CREATIVE WRITING  STARTS 14TH MAY FOR 6 WEEKS			