

# Birmingham Wellbeing Hub

Second Floor, Link Street, Birmingham B5 4BS

**BULLRING**  
& GRAND CENTRAL

	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
<b>MORNING</b>	10:00 - 13:00  <b>DROP IN FROM 10:00 AM</b>	11:00-13:00  UNRAVEL: CROCHET & KNITTING GROUP  	10:00 - 12:00  EMPLOYMENT SUPPORT  <b>shaw trust</b>	11:00 - 13:00  WOMEN'S TRAUMA SUPPORT    BI WEEKLY 17TH OCT, 31 OCT & 14 NOV, 28 NOV & 12 DEC	10:30 - 12:30  WOMEN'S CUPPA AND CATCH UP  
<b>AFTERNOON</b>	13:00 - 16:00  <b>DROP IN UNTIL 4:00PM</b>	14:00 - 16:00  EMPOWERING CHANGE <small>HOUSING, BENEFITS, DOMESTIC ABUSE, CRIMINAL JUSTICE, HEALTH AND WELLBEING</small>  <b>CRANSTOUN</b> <small>Empowering People, Empowering Change</small>  <b>BI WEEKLY</b> 29 OCT, 12 NOV, 26NOV & 10 DEC	15:00 - 16:00  MEN ONLY HEALTH SESSIONS    DROP IN FOR MEN'S MENTAL AND PHYSICAL HEALTH PEER SUPPORT	14:00 - 15:30  WEEKLY CBT & DBT SESSIONS  <small>Positive about mental health</small> EVERY THURS UNTIL 19 DEC  17:30 - 19:00  MALE DOMESTIC ABUSE AND SEXUAL TRAUMA SESSIONS    1ST THURS OF THE MONTH	14:00 - 16:00  PREGNANCY LOSS AND SUPPORT AFTER LOSS   <small>The Vilomah Foundation Pregnancy Loss Support</small>  1ST AND 3RD FRIDAY