



# Birmingham Wellbeing Hub

Second Floor, Link Street, Birmingham B5 4BS



MON	TUE	WED	THU	FRI
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DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM	DROP IN 10AM - 4PM
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## MORNING

10:00 - 13:00

**DROP IN FROM 10:00 AM**

10:30-12:30

**UNRAVEL: CROCHET & KNITTING GROUP**



11:00 - 13:00

**EMPLOYMENT SUPPORT**

**shaw trust**

10:00 - 13:00

**DROP IN FROM 10:00 AM**

10:30 - 12:30

**WOMEN'S CUPPA AND CATCH UP**



## AFTERNOON

13:00 - 15:00

**INTENSIVE COMMUNITY REHAB TEAM**

**SOCIAL DROP (CLOSED SESSION)**



14:00 - 16:00

**EMPOWERING CHANGE**  
HOUSING, BENEFITS & HEALTH AND WELLBEING

**CRANSTOUN**  
Empowering People, Empowering Change

**BI WEEKLY**  
14 JAN, 28 JAN, 11 FEB, 25 FEB, 11 MAR & 25 MAR

14:30\* - 16:00  
(\*EARLIER START TIME)

**MEN ONLY HEALTH SESSIONS**



**DROP IN FOR MEN'S MENTAL AND PHYSICAL HEALTH PEER SUPPORT**

14:30 - 16:00

**WEEKLY CBT & DBT SESSIONS**



Positive about mental health

STARTS FEB 2025

17:30 - 19:00

**MALE DOMESTIC ABUSE AND SEXUAL TRAUMA SESSIONS**



1ST THURS OF THE MONTH

13:00 - 16:00

**DROP IN UNTIL 4:00 PM**