



Mental Health & Wellbeing Hubs



Birmingham Wellbeing Hub

Second Floor, Bullring & Grand Central, Link Street, Birmingham B5 4BS

BULLRING & GRAND CENTRAL

MON

TUE

WED

THU

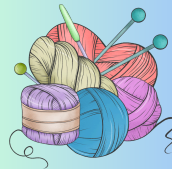
FRI

MORNING

CLOSED

10:30-12:30

UNRAVEL:
CROCHET &
KNITTING
GROUP



11:00 - 13:00

EMPLOYMENT
SUPPORT

shaw trust

11:00 - 13:00

MENTAL
HEALTH AND
WELLBEING
DROP IN



10:30 - 12:30

WOMEN'S
CUPPA AND
CATCH UP



AFTERNOON

CLOSED

14:00 - 16:00

HOUSING
ADVICE AND
SUPPORT

CRANSTOUN
Empowering People, Empowering Change

BI-WEEKLY

14:30 - 16:00

MEN ONLY
HEALTH
SESSIONS



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

13:30 - 16:00

MENTAL
HEALTH AND
WELLBEING
DROP IN

17:30 - 19:00

First Thurs of the month
Men's Domestic
Abuse and Sexual
Trauma Sessions



13:00 - 16:00

MENTAL
HEALTH AND
WELLBEING
DROP IN

