


**Northfield Hub - 888-890 Bristol Road South, Northfield, B31 2NS Telephone: 0121 476 4349**

	Name		Time	Facilitator	Session Type
<b>Monday</b>	Referral Drop In		2:00pm – 4:00pm	Sabina	Weekly Drop-in Starting 16 Sept
<b>Tuesday</b>	Managing Anxiety		10:00am -11:00am	Judith	Sign up – 6 weeks Starting 24 Sept
	Confidence and Self Esteem		11:15am – 12:15pm	Judith	Sign up – 6 weeks Starting 24 Sept
	Change the Way you Think		12:30pm – 1:30pm	Judith	Sign up – 6 weeks Starting 24 Sept
	Bake and Chat		2:00pm – 4:00pm	John	Weekly Drop-in
<b>Wednesday</b>	Preparing for Employment		2:00pm – 4:00pm	Karen	Sign up – 8 weeks Starting 4 Sept
	Coping Creatively		2:30pm – 4:00pm	Sharon	Weekly Drop-in
<b>Thursday</b>	Mindfulness		10:30am – 11:30am	Sabina	Weekly Drop-in Starting 19 Sept
	Understanding Relationships		11:00am – 12:00pm	Judith	Sign up – 6 weeks Starting 19 Sept
	One off Workshops – please see below				
<b>Friday</b>	Referral Drop In		9:30am – 10:30am	Kiran	Weekly Drop-in
	Volunteer Drop In		10:30am – 12:00pm	Kiran	Weekly Drop-in
	Social Drop-in - Film Club		1:00pm – 3:00pm	John	Weekly Drop-in
	Social Drop-in – Discussion and Debate		3:00pm – 4:00pm	John	Weekly Drop-in

Workshop – Story Telling Through Song		1:30pm – 2:30pm	Opera Company	12 September
Workshop – Assertiveness		1:00pm – 2:30pm	Judith	Sign up - 26 Sept
Workshop – Coaching for Job Success		1:30pm – 3:30 pm	Smart Works	Sign up - 3 October
Workshop – Planning your Time		1:00pm – 2:30pm	Judith	Sign up - 10 October
Workshop – Understanding Hoarding		1:00pm – 2:30pm	Judith	Sign up - 24 October

**Harborne Hub – 343 High Street, Harborne, B17 9QL Telephone: 0121 476 4349**

<b>Monday</b>	Exploring Development		10:30am – 12:00pm	Judith	Sign up – 5 weeks Starting 23 Sept
<b>Tuesday</b>	Tai Chi		12:00pm – 1:00pm	Nigel	Weekly Drop-in
<b>Thursday</b>	Art for Recovery		1:00pm – 3:00pm	Sabina	Sign up – 6 weeks Starting 19 Sept