

Bullring & Grand Central Wellbeing Hub

Link Street 2nd Floor, Bullring & Grand Central B5 4BS

Drop In
Monday -
Friday
10am - 4pm

**Providing FREE Adult Wellbeing Sessions, Support
and Signposting in the heart of Birmingham**

Wellbeing Sessions



- Crochet & Knitting Group
- Men's Wellbeing
- Women's Health
- Coffee Mornings
- Anti-Stigma Lived Experience Group

Support



- Low Mood
- Struggling to Cope
- Money & Mental Health
- Employment Support
- LGBTQIA+ Peer Support

Signposting



- Community Hubs
- Support at Home
- Online Resources

Emotional Wellbeing



- Safe Space
- Calm and Connected
- Open Door Access



Looking for a
community space?
Talk to us about room
hire and collaborative
working.
Contact Fatema
Hickson
fatemahickson@birminghammind.org

**SCAN TO VIEW
THE TIMETABLE**

**BULLRING
& GRAND CENTRAL**

 **Mind Birmingham**

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