

# Positive Mental Health Group

The group is open to anyone with an interest in promoting a greater awareness of mental health issues across the communities of Birmingham and Solihull. Your chance to share information, news & views with statutory agencies, voluntary sector organisations, user groups - and individual users/carers/staff.

## Monthly Networking Meeting dates for 2019

Come and join one of the biggest mental health networking meetings in the Midlands, every month! Just turn up – no need to book.

Meetings include guest speakers, information table, light refreshments & a chance to chat and catch up.

Tuesday 29<sup>th</sup> January – from 2.30pm to 4.30pm

Tuesday 26<sup>th</sup> February – from 2.30pm to 4.30pm

Tuesday 26<sup>th</sup> March – from 2.30pm to 4.30pm

Tuesday 30<sup>th</sup> April – from 2.30pm to 4.30pm

Tuesday 28<sup>th</sup> May – from 2.30pm to 4.30pm

Tuesday 25<sup>th</sup> June – from 2.30pm to 4.30pm

Tuesday 30<sup>th</sup> July – from 2.30pm to 4.30pm

Tuesday 27<sup>th</sup> August – from 2.30pm to 4.30pm

Tuesday 24<sup>th</sup> September – from 2.30pm to 4.30pm

Tuesday 29<sup>th</sup> October – from 2.30pm to 4.30pm

Tuesday 26<sup>th</sup> November – from 2.30pm to 4.30pm

Tuesday 17<sup>th</sup> December – from 2.30pm to 4.30pm



### **ALL MEETINGS ARE HELD AT –**

#### **Ground Floor Café 38 – 40 Holloway Circus City Centre B1 1EQ**

Just a short walk from all city centre rail stations, tram and bus stops.

The café is located next to Birmingham LGBT Health & Wellbeing Centre, opposite the Chinese pagoda traffic island and the Radisson hotel.

Buses 61 and 63 stop at HF1 outside the café. The journey is just two stops from the Rotunda / Bullring centre, stop NS3, board buses outside the Boots store.

**Customer Relations (PALS) at BSMHFT can offer information on this group and other voluntary or user groups within Birmingham and Solihull – Phone 0800 953 0045**