


# Support for Families

The service provides support for a wide range of challenges including: income, housing, employment, learning, and makes referrals to food banks, talking therapies and bereavement support



## My Wellbeing Plan

-  Be Active
-  Learn Something New
-  Take Notice
-  Hydration and Nutrition
-  Connect
-  Sleep for Wellbeing
-  Give Something to others
-  Hope for the Future



<b>'Let's Chat' Timetable</b>					
<b>Up to Friday 18<sup>th</sup> February 2022</b>					
	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>AM</b>	Caldmore Green	Bloxwich (side of Post Office)	Brownhills Civic Square	Blakenall Village Centre	Walsall Arboretum Visitors Centre
<b>PM</b>	Palfrey Park	Mossley Shops	Frank F Harrison Beechdale	Bentley Queen Elizabeth Shops	Leamore Shops
<b>Saturday 19<sup>th</sup> to Friday 25<sup>th</sup> February (Half Term) Park Street, Walsall</b>					
<b>From Monday 28<sup>th</sup> February to March 31<sup>st</sup> 2022</b>					
	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>AM</b>	Milton St (Palfrey)	Asda (Bloxwich)	The Square (New Invention)	BVC (Blakenall)	Asda (Darlaston) TBC
<b>PM</b>	Sun Street (Palfrey)	Dartmouth Av Shops (Ryecroft)	TBC	Willenhall Chart (Willenhall)	TBC

For clarification location contact: Stan Ball Centre on 01922 403351

