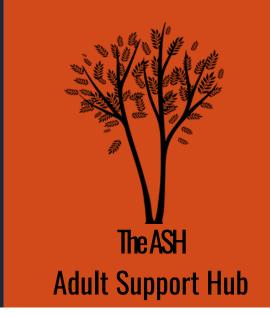
Are you concerned about your health and wellbeing?



You can find our information, advice and guidance team in the following places:

Open Door Friendship Centre, 388 Green Ln, B9 5QJ. Monday 10:30am -1pm (fortnightly)

St Luke's Church, **Great Colmore** Street, B15 2AT. Thursday 9:30am - 12 noon (fortnightly)

SIFA Fireside. Support Centre, Liverpool St, Birmingham B9 4DS. Thursday 10:30am - 1pm (every week)

Summer Hill Rd Job Centre, Unit 4, 50 Summer Hill Rd, B1 3RB. Friday 10am -3pm (every week)

St Germain's Wellbeing Hub, City Rd, B17 8LR. Monday 11:30am -2.30pm (fortnightly)

St Barnabas Church Centre, **High Street** Erdington, B23 6SY. Thursday 1:30pm-3:30pm (fortnightly)

Alma House, 15 Newtown Shopping Centre, B19 2SA.

> **Thursday** 10am - 12pm (fortnightly)

Nechells Pod. 28 Oliver St. B7 4NX.

Friday 9:30 am -12 noon (fortnightly)



theash@sifafireside.co.uk









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