



High Intensity Wellbeing Group for Trauma Recovery

Hawkesley Community Centre, Kings Norton

Thursday 5th November to 17th December

Time: 10:30am to 12 noon

A safe and welcoming space for participants to begin to address trauma events and their automatic responses

Over 6 weekly sessions the small group (max 12 people) will explore how to improve our mental health and wellbeing and develop resilience in our daily lives following trauma events.

Each week will affirm our safety in the group and look at different topics which matter to the group members. Members are not expected to describe their traumatic events but rather understand the effects more fully so that together we can explore the road to healing and recovery for the brain and body.

The vagus nerve responses can be calmed down in various ways which we can practice together. We hope to develop new habits such as journalling, breathing techniques, mindfulness, self compassion and gentle movement as practical strategies for recovery.

There is a follow on group running in January 2027 for 6 further sessions which some people may like to continue to attend.

For further details and to join the course,
please contact Spring to Life CIC
Coordinator: Philippa Allenby
Email: philippa@springtolife.org
Telephone: 07967119839

Hawkesley Community Centre, Edgewood Road,
Kings Norton, Birmingham, B38 9RN
Free car parking on-site
Number 35 bus stops at the centre
(Cornerways stop)

The course is for people registered with a Birmingham GP practice and is offered in partnership with Gateway Family Services and the NHS