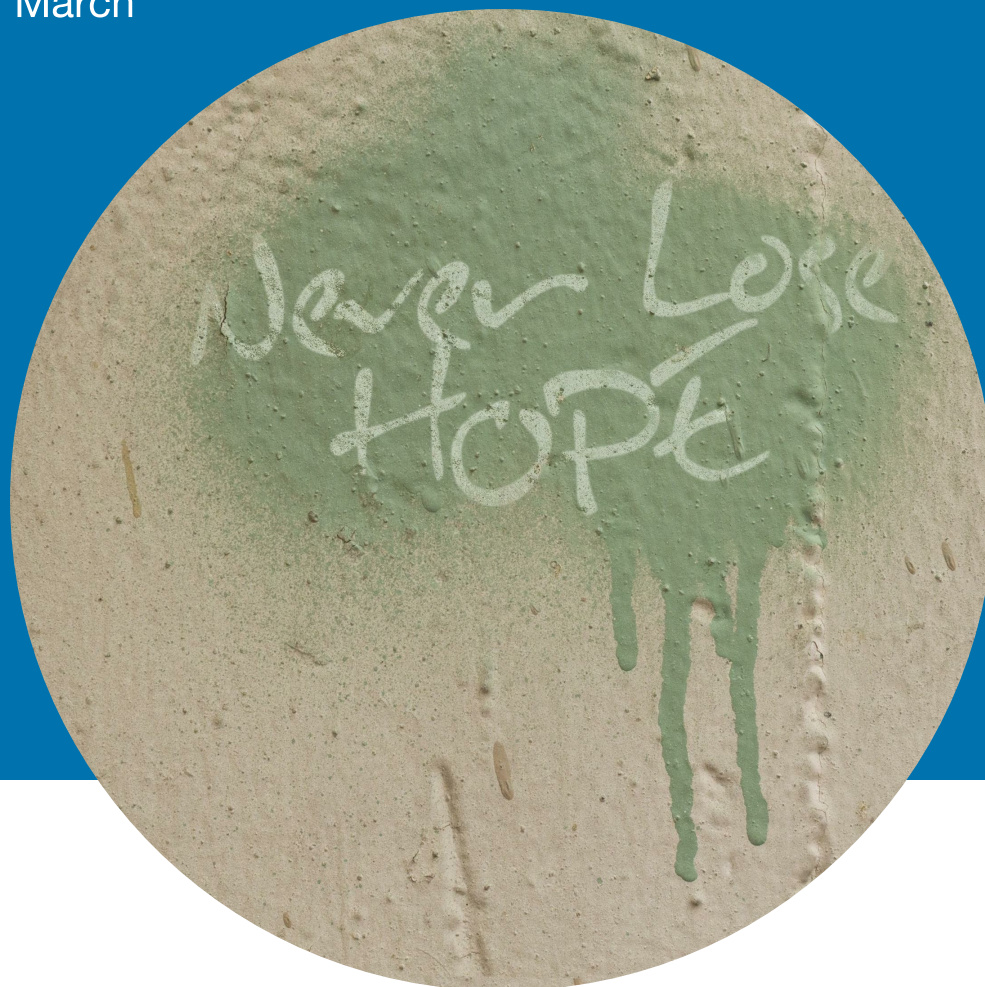


Every Wednesday &  
Sunday in March



## The Sanctuary Hub

**Every Wednesday & Sunday  
during March**  
Wednesday 6pm - 11pm  
Sunday 12pm - 11pm

**The Sanctuary Hub** is a safe and friendly place that you can come to outside of usual mental health service hours.

Feeling unable to cope, lonely or isolated? If you are feeling overwhelmed and don't know where to turn to get mental health support and your usual source of support is closed come to **The Sanctuary Hub**.

**At The Sanctuary Hub** you can get support from Mental Health Recovery Worker's in a safe, calm and relaxed atmosphere. We are friendly, warm, enthusiastic, reliable, and responsive to your individual needs.

**How to find us**  
The Sanctuary, 1 Queens Parade, Bloxwich, Walsall, WS3 2EX