

# *A CREATIVE START TO THE NEW YEAR* **ART FOR WELLBEING**

**STARTS**

**FREE 6-WEEK GROUPS (limited places!)**

**Monday 21<sup>st</sup> January**  
**10.45 – 12.30**  
**@ The Tabernacle,**  
**West Croydon**

**or**

**Tuesday 22nd January**  
**10.45 - 12.30**  
**@ The Cassandra Centre,**  
**Norbury**



**CREATE – PAINT – DRAW- COLLAGE - MODEL**  
**A SAFE CALM SPACE TO RELAX & EXPRESS YOURSELF**  
**ENJOY – RELEASE STRESS – BE WITH OTHERS**  
**NO ART EXPERIENCE NEEDED**

For more information: [info@croydonsocialp.com](mailto:info@croydonsocialp.com)

**TEL: 07508 973956 / 07909 648138** (calls charged at your usual rate)

Groups will be facilitated by qualified Art therapists Kate and Frances who support group members to use art-making for self-expression, self-care & wellbeing.

**Croydon**  
**SocialP**