

A CREATIVE START TO THE NEW YEAR

ART FOR WELLBEING

STARTS

FREE 6-WEEK GROUPS (limited places!)

Monday 21st 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

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