

Art for Wellbeing

Wednesday 1:00 - 3:00
Moorland House, Bark Street, BL1 2AX



Do you need support?

Do you feel alone? Are anxiety and depression taking over? Come along and join!

Contact: christine.makinson@mhst.co.uk or 01204527200

The art group provides a fun way to meet new people and make friends. Each session is aimed to be fun, calming and relaxing. All ages, genders and abilities are made to feel welcome.

If you want to be a part of this fantastic and dynamic group then please get in touch with us.



Group Setting

By having a group setting, people relate and support one another.



Have A Brew

Tea, coffee, milk and sugar is available for all members.



WhatsApp

We have a WhatsApp group for all members to chat outside of group times.



1

HAVE A BREW

Come in, get comfortable and have a drink!

2

CHECK IN

We have a weekly check in to speak to each group member individually.

3

GET CREATIVE

We will create something weekly.