



Women's Wellbeing Wednesday Workshops

Art Therapy group workshops at Hackham West Children's Centre Unit

50 Glynville Drive Hackham West (within the Primary School)

10-12 am Wednesdays

11th, 18th & 25th November and 2nd December 2020

Creche Provided – Bookings Essential, Call Karen on 8382 6161

Are you are interested in connecting with others, reducing stress and improving your mental health and wellbeing?

These workshops aim to provide the tools to re-gain a renewed and empowered sense of self, worth and confidence as a woman, whilst exploring art therapy in a safe, mindful and inspired way.

