

My Time My Space



"I would definitely recommend this group to anyone I know. Now that the group is finished I feel much happier, contented and confident."

"I was worried I had to be arty, but it wasn't like that at all, I found I could just be myself."

A **project** for **women** experiencing low mood, anxiety and postnatal depression.

Do you want time for yourself? Do you want to learn some new creative skills in a friendly, supportive environment, with a crèche provided?

Would you like a chance to make new friends, share experiences, promote wellbeing and have FUN?

No previous experience necessary. Facilitated by an artist with a health visitor present to offer advice and support. A crèche will be provided – places must be booked in advance. **For more information contact**

Cadbury Heath Children's Centre

Earlstone Crescent, Cadbury Heath BS30 8AA 01454 862974

Thursday 18th Feb 1-3pm Introductory session – meet the children's centre and crèche workers and find out about the project

Project dates: Thursdays 1 – 3pm

25th Feb, 3rd, 10th, 17th, 24th March

14th, 21st, 28th April, 5th, 12th, 19th May 2016

Creativity Works. Promotes wellbeing. Creates connections. Enables change.



our partners:

South Gloucestershire Children's Centres
Health Visiting Teams, CCHP North Bristol NHS Trust

Working together for health and well-being

Creativity Works

Tel: 01761 438852

www.creativityworks.org.uk

