

Would you like to:

- Explore **mindfulness** through therapeutic art?
- Make mindful crafts using **glass painting**?
- Look at how to **make your own jewellery**?
- Learn how to create your own **cards**?
- Practise **candle decorating** for relaxation?
- Experiment with **watercolour and stone painting**?

Come along to our **free** 5-week course  
**Therapeutic Art - Mindful Crafts for Parents**  
for parents, carers and grandparents

**Starting on Tuesday 11th November, 9.15-11.15am**



Call **0161 253 5772** to book your place

**East Bury Family Hub**

**25 Dorset Drive, Bury, BL9 9DN**