

**healthy
minds**

Calderdale Wellbeing

Arts and Crafts Group

We encourage creativity and chat over tea and biscuits! There will be some structure to the sessions, but you are equally welcome to “do your own thing” if preferred! No experience is required. This is an informal group led by volunteers.

25th Jan. New Beginnings

22nd Feb. Personal Expressions

29th Mar. Celebrating Spring

Please note the venue is not fully wheelchair accessible but we are working on this. There is parking next to the building, If you have any access needs please get in touch.

**Last Friday in the
month.**

12.30-14.30

King St. Halifax

BOOKING ESSENTIAL!

Call 01422 345154

info@healthymindscalderdale.co.uk

Visit us at

1 King Street Halifax, HX1 1SR

www.healthymindscalderdale.co.uk

Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.

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