



Collage for Wellbeing

A *FREE 6 week course introducing scrapbooking as a skill to support personal wellbeing and self-expression

In a small and relaxed group you will:

- Explore creative ways to preserve memories
- Identify and explore personal themes
- Use words and images to capture the mood of important times, places and life events
- Develop confidence using your imagination and creativity

Where:	The Chantry, Thornbury, BS35 1HB
How long:	6 Weeks
Starts:	Thursday, 10 th January 2019, 12.30pm – 2.30pm

For further details and to book your place, please contact Abi Ball, Community Learning Development Worker on 07860181353 or email: abigail.ball@southglos.gov.uk

**For adults aged 19+ with few or no qualifications. ESOL and accredited employability courses are subject to fees unless you are on means-tested benefits. Please ring for further information*