

Get creative with artist Claire Ford  
Use home ingredients to express your story

HELIX  
ARTS.



# You:Your Art

Tuesdays 23 Jun - 8 Sep 2020 2-4pm

Creative journalling for wellbeing

A series of closed, safe, friendly arts sessions for people 18+ who are experiencing anxiety and depression, or suicidal thoughts

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NORTH EAST AND NORTH CUMBRIA

Suicide Prevention

NETWORK

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