

FREE!*

Arts 4 well-being



BOOK NOW!
Join anytime!

nbcp84@gmail.com

Thursdays 10 am - 12 pm




- Relax and unwind, as you enjoy exploring your creativity
- Learn new skills, make new friends, gain confidence as you learn to collage, paint, draw, print and create an art journal about your life or interests
- No previous experience necessary, all abilities welcome. Refreshment provided

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160 Gloucester Rd, Bishopston BS7 8NT 01179246228 07742377799
www.northbristolcommunityproject.org.uk