

Stockport & Oldham

ARTS FOR WELLBEING: CREATIVE MUMS

A free perinatal programme designed to support new mums through therapeutic art activities. No previous art experience required.

“
It just relaxes
you, putting pen
to paper and
doing something
creative.
”



Make
Friends

Explore Therapeutic
Creative Activities

Take Part In
Exhibitions

Build
Confidence

Relax & Have
Some Quality
'Me-Time'

