

**Arc Centre and Gallery**

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Are you a new mum in Stockport or Oldham and Tameside experiencing mental health issues? Places are currently available on our upcoming programme of Creative Mums, free perinatal Arts for Wellbeing sessions designed to help you to relax, make friends, build confidence and explore therapeutic creative activities.

We welcome self-referrals or referrals from health and support professionals. For more info or to sign up get in touch now at [referrals@arc-centre.org](mailto:referrals@arc-centre.org) | call or text 0161 474 1462 |  
| [www.arc-centre.org/creative-programmes-for-adults](http://www.arc-centre.org/creative-programmes-for-adults)



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