



Caring and Sharing Supportive Workshops for People who Clutter



SPARC's Counselling Service and Age UK have jointly created a series of 6 workshop sessions for people who clutter aimed at increasing the mental wellbeing of individuals.

We will provide a safe space for participants to be listened to and promote reflection about self-care, to share thoughts, feelings and experiences and to learn and grow.

Caring & Sharing for people who Clutter



These sessions will provide for attendees:

A space to share and learn coping tools and techniques

A space to be listened to

A space for self care

A space to share

A space to connect with others

A space to refill their jug of well-being!

We will host 6 weekly sessions starting Monday 7th November

Times: 2:00pm till 3:00pm

Venue: Age UK, Stockport

Address: Commonweal, 56 Wellington St, Stockport SK1 3AQ

If you would like to join us or for any questions and more information please contact:

- Counselling Co-Ordinator, David Richards on 07519 168 452
- SPARC on 0161 429 9744
- Email: sparc4u.counselling@gmail.com or send a private message to the SPARC Therapy Facebook page.

A CARING SPACE