

Stockport CREATIVE MUMS

A free perinatal programme designed to support new mums to relax, make friends, build in confidence and have some quality 'me time' exploring therapeutic creative activities. No previous art experience required.



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



“
It's given me something to look forward to each week.
”

“
It's made the bond between me and my son better.
”

To find out more or sign up, contact our Referrals Team:



referrals@arc-centre.org



Call or text 0161 474 1462



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www.Arc-Centre.org

