



# WORDS Of Wellness

“Healing through Words”

A 12-week creative storytelling and wellbeing programme designed for Global Majority communities in Stockport.

**Starts: Thursday, 31st July**

**Time: 1 PM – 3 PM**

**North Reddish Community Centre,  
Stockport SK5 6ET**

**FREE Refreshments Provided**

Join us in a warm and welcoming space to explore identity, culture, and recovery through words.

Boost your mental wellbeing, build resilience, and find your voice one story at a time.

Weekly sessions led by experienced facilitators

Calm, supportive environment

Mindfulness and creativity

All sessions are **FREE**

**SIGN UP ON EVENTBRITE OR EMAIL US FOR DETAILS**

**fikaunite@gmail.com**



**LIVE WELL**  
DOING THINGS DIFFERENTLY WITH  
GREATER MANCHESTER'S COMMUNITIE

**Sector3**

courage



enjoy  
every  
moment.