



Creating
Ground



Creativity for Wellbeing



WEDNESDAYS

14 JANUARY - 25 MARCH 2026

10:30 AM - 12:30 PM

Join our creative sessions for migrant women!

These are weekly sessions in which we will use creativity and the arts to improve our wellbeing and learn useful tools to look after ourselves.

✿ Learn creative skills ✿

✿ Learn about local services ✿

✿ Improve wellbeing ✿

✿ Gain confidence ✿

To register: email Rose at projects@theground.org.uk

Location: GWest Community & Arts Centre
London, SE10 8JA

Travel expenses can be reimbursed up to £5 per person



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