



Creating  
Ground

**Greenwich**  
Mental Health Hub



# Together for Wellbeing



**WEDNESDAYS**

**16 SEPTEMBER - 2 DECEMBER 2026**

**10:30 AM - 12:30 PM**

**Join our creative wellbeing sessions for migrant  
women!**

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

Together we:

- ♥ Learn creative skills
- ♥ Learn about local services
- ♥ Improve wellbeing
- ♥ Gain confidence

**To register:** contact Rose at [projects@theground.org.uk](mailto:projects@theground.org.uk)  
or on WhatsApp on +447438288814



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

*Travel expenses can be reimbursed up to £5 per person*