



**11-18
year olds**

**Arts for
Wellbeing**

**No Art
experience
necessary!**

FREE!

glossop
**ARTS
PROJECT**

CAMHS

Child and Adolescent Mental Health Services

PRESENT

Mind the GAP




**WEDS
4PM-5:30PM**

**OR WEDS
6-7:30PM**

VICTORIA HALL

**(The Old Library)
Talbot St,
Glossop, SK13 7DQ**

**MENTAL
HEALTH
MATTERS
LIKE
ART!**



Mind the GAP

Glossop Arts Project are now running sessions for young people who are of secondary school age. We call it arts for wellbeing - its for young people who might be struggling with things like anxiety or low mood, lack of confidence or self-esteem, young people who might feel socially isolated and just want a bit of time out with other like-minded young people.

We currently work with a CAMHS link worker, who attends some sessions.

We will have snacks available and a variety of arts and crafts activities in a relaxed and informal atmosphere. You can choose how much or how little you do.

For more information please contact Elle Bromley on 07821873424 or email Elle@glossopartsproject.org

You can find GAP on Facebook and Instagram.



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