

Mindful Art Space

- ❖ Free
- ❖ Drop-in

Mindful Art Space is a free drop-in space for adult residents of Oakwood Hill & surrounding areas.

A mindful and safe group setting to be playful with art, nurture wellbeing & provide mental health advice, led by RMN Janet Ellington.

Every Friday

(from 22 November 2024)

12.30pm-3.30pm

(drop in or out within these times)

Light refreshments provided

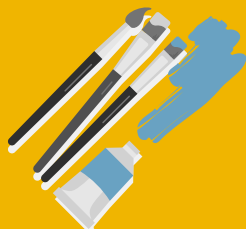
Oakwood Hill Community Hall,
Loughton IG10 3NB

Artwork by Janice Birks

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 Epping Forest
District Council