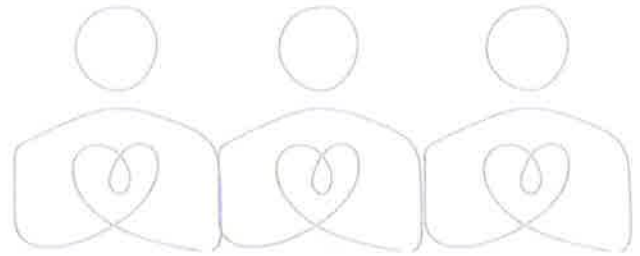


Give Space

To your mental health



WELLBEING WORKSHOP

Give Space will be offering a series of wellbeing workshop at HACS. This workshop will be run by two mental health practitioners Becci and Rachel.

This session is designed for parents and carers with an autism diagnosis, as well as those awaiting a diagnosis or self-diagnosed. This session will provide a space for those with a diagnosis or self diagnosis and who care for those with a diagnosis who would benefit from additional wellbeing support.

The workshops will offer working creatively to explore positive wellbeing. All workshops are interactive and offer participants an opportunity to be creative and offer tools to support positive wellbeing in a safe and supportive environment. Give Space use mediums such as drama, art work, story, play, movement and more. Please find some examples of what we may do on the following page.

Book here

EmpowerAbility



x6 sessions 5-6pm at Uxbridge Civic
Centre
31/10, 07/11, 14/11, 21/11, 28/11,
05/12

FIND US ON

@givespacecic

www.givespace.co.uk



Examples of what may be explored in wellbeing sessions:

- Using movement, stories, images, art and music to consider our own wellbeing
- Themes that may come up: promotion of self esteem, managing anxiety, considering self care, increasing confidence
- The sessions will be interactive and use games and practical activities so wear something comfortable
- You can take part in as much and/or as little as you feel able. You do NOT need to have any experience in drama or movement to attend these sessions.

If this is something you are interested in please contact Natalie for further details and to sign up! We look forward to hopefully welcoming you.

Give
Space

Please get in touch with
Natalie or sign up using the
QR code above for further
details and to sign up!

Natalie@hacs.org.uk
0208 606 6780

