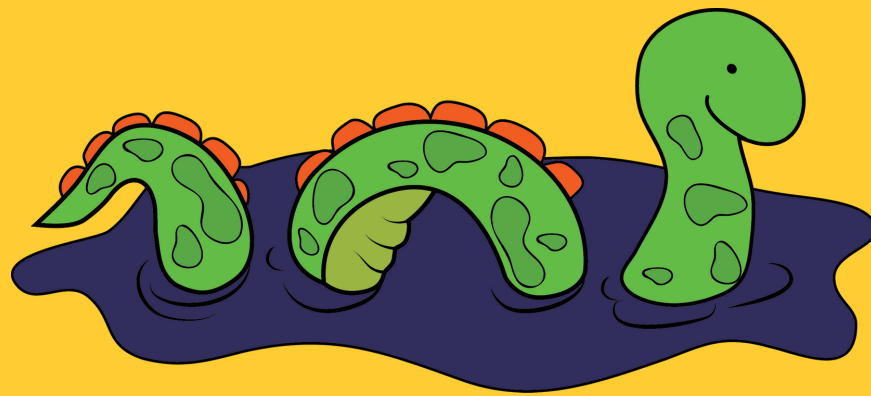


THE LETCHWORTH  
CENTRE FOR  
HEALTHY LIVING  
Charity Registration No. 295219 • Est. 1984

NESSIE



PRESENTS

# CAT GROUP!

CREATIVE ARTS THERAPY GROUP  
For those who struggle to emotionally moderate

Wednesday 29th April, 6th, 13th, 20th May and 3rd, 10th,  
17th and 24th June

The Letchworth Centre for Healthy Living, Hitchin Road,  
Letchworth, Hertfordshire SG6 3NA

## For Young People

Led by experienced Art Therapist and Dramatherapist, the sessions will provide a therapeutic space to work creatively through art, play, games and drama as a way to explore different themes and feelings.

## Aims

- To be a confidential setting where young people can express themselves creatively
- To build relationships with peers and support social interactions
- To help develop emotional self-regulation

Recommended for 7-11 y/o (no more than 10 in a group)  
We strongly encourage attendance at all 8 workshops

Workshop Fee: tbc  
Inclusive of Art Materials

To register interest please contact:  
sblackford.nessie@kjar.org.uk