



Art of Her

**Free
Group**

**CREATIVE WELLBEING SESSIONS IN
LEEDS FOR WOMEN AGED 16-25**

A Supportive, Safe, Creative Space to:

Explore art and self-expression

Connect with others

Build calm, confidence and wellbeing

**NO ART EXPERIENCE NEEDED -
ALL MATERIALS PROVIDED!**

**SELF-REFER AT
[WOMENSHEALTHMATTERS.ORG.UK/CONTACT-US](https://www.womenshealthmatters.org.uk/contact-us)**

**OR
CALL**

**0113 276 2851
(ASK FOR JESS OR HANNAH)**