



Breathing Space

by Eltham Arts

An arts and wellbeing
project for carers

Breathing Space is a project for carers of any age in Eltham. Led by Eltham Arts, the sessions will take place at Eltham. The aim of the project is to empower local carers to express themselves and develop strategies for self-care to positively influence their wellbeing.

FREE
weekly sessions for carers

begins 22nd Sept 2022
Thursdays 11am -1pm

at Eltham Library

Carers from RBG, all ages and background are welcome

You can attend the session with the person you care for
Find out the ore details on www.elthamarts.org/breathing-space