

MINDFUL

COLOURING

LAST TUESDAY
OF THE MONTH,
3-4.30PM

(FROM 31ST JANUARY 2023)

REST, CHURCHMAN
HOUSE, 71 BETHEL
STREET, NORWICH,
NR2 1NR

JOIN US FOR AN
AFTERNOON SESSION OF
MINDFUL COLOURING AND
CHAT

PLEASE EMAIL
[SOCIALS@WELLBEINGNANDW.CO.UK](mailto:socials@wellbeingnandw.co.uk)
TO BOOK YOUR PLACE!



NHS

iapt

Improving Access to
Psychological Therapies

