

Renew Wellbeing

at Catshill Baptist Church

a quiet shared space
where it's ok not to be ok

**every Monday from 10.00am - 12.30pm
at Catshill Baptist Church
all are welcome**

drop in and out as you please
shared crafts and hobbies
tabletop activities provided
optional reflective prayer space

come and relax and chat or enjoy the peace in our quiet area
light refreshments provided throughout the morning

the activities are based around the '5 ways of wellbeing'
which promotes good mental and emotional health



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