

# LOVE YOURSELF AND BE KIND TO YOUR MIND

Learn ways to be kind to yourself and see the world in a more positive way!



Crafts

Activities

17th February & 20th February

1pm-3pm

St Thomas's Church  
St Thomas' Parish Office  
Market Street  
Stourbridge  
DY8 1AQ

Pay and display in the Ryemarket car park.

18th February & 19th February

12:30pm-3:30pm

DY1 Stafford Street  
DY1 1RT

Pay and display parking is available  
opposite the venue.

Make and  
take home

Games

BOOKING IS ESSENTIAL!! TO ENSURE  
YOU SECURE A PLACE PLEASE EMAIL:  
[BCHFT.REFLEXIONS@NHS.NET](mailto:BCHFT.REFLEXIONS@NHS.NET)