



Living Well North Tyneside

Supporting Health and Wellbeing

£
Cost: No Cost


Type: Face to Face

Come along and use our creative arts session as a way to relieve stress and anxiety. Our session provides young people with a safe space to connect with others and express yourself through various art forms.

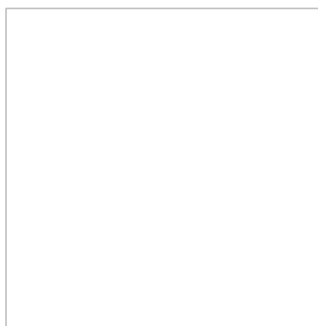
We will be exploring different kinds of arts, crafts and multimedia creative activities. Our sessions are co-produced by our young people which means our sessions evolve based on their needs.

Places are limited so you will need to book on by following [this link](#)

Want to find out a bit more before booking? Please feel free to contact us!



[young people](#) | [self care](#) | [mental health](#) | [discover me](#) | [arts and crafts](#) | [creative](#)




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<https://voda.org.uk/discoverme/>



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