

ARE YOU A MUM LIVING IN TAMESIDE?



Come along to our weekly group sessions to get out of the house and meet new friends over a cuppa, whilst Increasing your confidence, relaxing and learning new crafty skills.

Arts and Crafts - Laughing Yoga - Knitting - Chatterbox Creation
Wellbeing Techniques - Decorative Boxes - AND MUCH MORE!

A **Free** onsite Crèche for children under 3 is provided.

Tuesdays from 1.00pm - 2.30pm at The LEAP Centre,
Clyde House, Clyde Street, Ashton under Lyne, OL7 0NQ

For more information contact LEAP on 0161 214 8300 or just come along!



www.facebook.com/TheLeapCentre

