



“
It just relaxes
you, putting pen
to paper and
doing something
creative.
”

Stockport & Oldham **CREATIVE MUMS**

A free perinatal programme designed to support new mums to relax, make friends, build in confidence and have some quality 'me time' exploring therapeutic creative activities.
No previous art experience required.



“
It's made the
bond between
me and my
son better.
”



“
It's given me
something to
look forward
to each week.
”

**To find out more or sign up,
contact our *Referrals Team*:**



referrals@arc-centre.org



Call or text 0161 474 1462



STOCKPORT
METROPOLITAN BOROUGH COUNCIL



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