

# Mental Wellbeing Awareness Day

Saturday 8th October 2016

Middlesbrough Central Library,  
Phoenix Art Group and Health and Arts South Bank

A series of workshops with friendly people and local artists.



Get noticed wearing a felt pin



Lose yourself in our Mandalas

## The five steps towards continued wellbeing

Get advice , find out about projects that support calmness, peace and a great sense of wellbeing.  
The arts can support you looking after your mental health.



Add your paper dream to our community garden

Come along to **Central Library Middlesbrough Saturday 8th October 2016**  
Displays and workshops start at 10.30 am in the Central Library down stairs  
Workshops finish at 3.30pm...**FUN...INFORMATIVE...SUPPORTING**