

Care with Confidence (Zoom) Sessions  
Clackmannanshire  
JANUARY 2021  
Wednesdays 10 am

**Wed 13 January**      **Mindfulness for Wellbeing**

We are starting off our Care with Confidence sessions this year with a relaxing and rewarding session on Mindfulness with Anne Millard. Mindfulness is beneficial for mental health and through this session you will learn how to be ‘in the moment’ so that you can cope better with life’s challenges and improve your feeling of wellbeing.

**Wed 20 January**      **Decopatch with Reachout (session 1)**



This creative activity will allow participants to get involved in decorating a box using decopatch. With support from Anne Johnstone, Arts Resource Worker at Reachout with Arts in Mind, participants will be guided through the process of how to artistically decopatch a box in this relaxing activity.

**Please book in advance to give time to send materials to you before the session.**

**Wed 27 January**      **Decopatch with Reachout (session 2)**



The second session will see participants completing their work as they enjoy the experience of creating something. This type of activity, where you can lose yourself and find some “me time” will bring a unique piece of art into your home that you can use and enjoy.

To book a place or for further information, please contact:

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Principle funders