

Dreamtime Arts



'Dreamtime Arts' is an art class with a crèche for mothers with pre-school children. It is a chance for mothers to have some time-out and do something just for themselves in the company of other mothers.

Working with the arts can relieve stress, feelings of isolation and other difficult emotions. It can create a sense of relaxation and build self esteem.



For more information, contact Wellspring Healthy Living Centre's Arts and Wellbeing Officer Shanti Sherson on Tel: 0117 304 1429 or email: shanti.sherson@wellspringhlc.org

Dreamtime Arts is available at these locations:

**Wellspring Health Living Centre
Tel: 0117 304 1449**

Mondays 1pm-3pm

**Rosemary Children's Centre
Tel: 0117 9031467/ 3773297**

Tuesdays 9.45am-11.45am

**Millpond Primary and Nursery School
Tel: 0117 9031467/ 3773297**

Tuesdays 1pm-3pm

**The Limes Children's Centre
Tel: 0117 903 0317**

Tuesdays 1.15pm-3.15pm

**Barton Hill Children's Centre
Tel: 0117 955 6971**

Wednesdays 10am-12noon

**St Pauls Children's Centre
Tel: 0117 903 0337**

Fridays 10am-12noon