



Join Our New Winter Wellbeing Group In Boroughbridge

Join us for a series of 6 free and fun creative mindfulness sessions, to boost your wellbeing this winter.

Absolutely no creative skills or experience needed. A warm welcome and refreshments await you!

Featuring mindful and creative activities, we'll explore easy, enjoyable ways to become more present, relaxed and self compassionate.


To take part, contact Kirsty on kirsty@mindinharrogate.org.uk or on 07305 049296.

Starts Tuesday 18th Feb

6.30 - 8pm (for 6 weeks)
At Boroughbridge Methodist
Church Hall, YO51 9AJ

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 mind in Harrogate District