



Blacktown Women's and Girls' Health Centre

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The Creative Space Scrap Journaling is back

Monday's 1:30pm to 3:30pm

Commencing 4th November 2024

Get creative with Scrapbooking! The chance to create a personalised journal and develop tools to help manage life stressors.

Health Benefits of Scrapbooking:



- *Stress Relief
- *Discover your creativity
- *Develop coping tool box
- *Social Interaction
- *Develop new skills
- *Develop journaling skills

Please call Reception on **9831 2070**, to book your spot

Please Note: There is no onsite parking for clients or visitors.