



Blacktown Women's and Girls' Health Centre

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The Creative Space—Scrap Journaling

Mondays 9:30am to 11:30am

Commencing 5th May 2025

Get creative with Scrapbooking! The chance to create a personalised journal and develop tools to help manage life stressors. This creative and safe space can enhance both physical and mental health.



Health Benefits of Scrapbooking:

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

Please contact reception on **9831 2070** and book your spot!

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