



NIWE Eating Distress Service

HOPE GROUP 2020

Happiness, Openness, Positivity, Esteem

Creative Writing - 6th February

Ring Making - 5th March

Relaxation - 2nd April

Song Writing - 7th May

Silk Painting - 4th June

Story Creation - 2nd July

Illustration Workshop - 6th August

Laughter Workshop - 3rd September

Drama Workshop - 1st October

Knit & Natter - 5th November

Seasonal Crafts - 3rd December

What: An empowering group which promotes HOPE

When: First Thursday of each month

Who: Women 16+ with Eating Distress

Time: 5pm - 7pm

Where: NIWE Eating Distress Service

The Old Post Office,

5 Pink Lane,

Newcastle upon Tyne

How To Book

Contact NIWE

Tel: 0191 221 0233 (OR)

Email: enquiries@niwe.org.uk

www.niwe.org.uk

*Please note places are limited so booking is essential.