

THINGS TO LIVE FOR

**WHEN THINGS IN LIFE ARE TOUGH,
YOUR HEADS A MESS AND YOU'RE ON
THE EDGE, IT'S TIME TO MAKE CHANGES.**

**'Things to Live For' is a fresh project
using art to refocus and reconnect.**

It's about open and honest conversations and meeting people that understand where you're at. Don't worry, you don't need to be Banksy. We'll go and see some art, get inspired and make something great.

This course is half a day each week running for 7 weeks in the town centre. It is led by an Art Therapist and Street Artist and is funded through BMBC Suicide Prevention Fund.
Contact Helen on 07833 936 019 for info and to sign up.