



# Mindful Crafts

A new monthly creativity group - a relaxed, supportive, environment for adults to learn new skills, improve confidence and self-esteem.

Part of QUAD's Year of Wellbeing in partnership with Derbyshire Mind.

Monday 8 **October** 1:00 - 3:00  
Monday 12 **November** 1:00 - 3:00  
Monday 10 **December** 1:00 - 3:00

**FREE** Booking recommended as places are limited  
Book through Derbyshire Mind 01332 623732  
[enquiries@derbyshiremind.org.uk](mailto:enquiries@derbyshiremind.org.uk)

**QUAD**, Market Place, Cathedral Quarter, Derby DE1 3AS  
[www.derbyquad.co.uk](http://www.derbyquad.co.uk)