



Living Well North Tyneside

Supporting Health and Wellbeing



Type: Face to Face

Join Amy at our wellbeing space to learn how to create a worry monster, perfect for giving to a child or using yourself to help express worries and ease anxiety.

This session is for adults only.

You don't need any crafting experience to join.

All materials are provided.

This is a casual group where you can take some time to relax and be creative.



[crafts](#) | [wellbeing](#) | [social activities](#)

Worry Monsters Workshop



info@sarahs-star.org



Room 11
Linskill Centre,
North Shields
<https://www.eventbrite.co.uk/o/sarahs-star-67838235683>



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