



YOU'RE INVITED
TO OUR NEXT
**Kintsugi Hope
Wellbeing Group**

Come and join us as we journey together for 12 weeks to explore how to maintain positive mental and emotional wellbeing in the midst of our busy lives.

To book a place or for more information please get in touch.

Start Date:

**Wednesday
January 25th**

Time:

**Wednesday
7.30pm**

Contact:

Jane Wareham

Email: janeescol3333@sky.com

07545353595

Venue:

Market Street Church

Market Street
Nantwich
CW5 5DG

'Kintsugi' is the Japanese art of repairing broken pottery with seams of gold. When brokenness is repaired, the object becomes more beautiful and unique than it was before. Instead of hiding the scars, it makes a feature of them.