

“Take a Minute” with Clay

Join a free guided clay session and learn about the new Take a Minute mental health promotion app. Morning or afternoon tea provided.

Tuesday October 7
10am-12noon
or 3-5pm

OR

Wednesday October 8
10am-12noon
or 3-5pm

These are Mental Health Week events!

No need to register, just turn up to a session at the

*Ulverstone Neighbourhood House
10 Lugana Crescent, West Ulverstone*

More info: *Ulverstone Neighbourhood House 6425 4186*



Miranda Stephens will lead participants in the creation of fun handbuilt sculptural pieces linking with the Mental Health Week theme of Appreciating the Little Things!

- Choose the session that works for you
- Beginners welcome
- All ages welcome- from primary school age onwards
- No cost
- Afternoon tea or morning tea available
- No need to register, just turn up!
- Activities encourage a shift towards wellbeing



These events are a collaboration between The Ulverstone Neighbourhood House and Miranda Stephens of Mindful Mud. Supported by the Tasmanian Government and the Mental Health Council of Tasmania

