



# Stockport Arts & Mental Health Showcase

Feel better through creativity!



Find out about creative community groups and support services in Stockport at a relaxed and informal event with free creative activities and refreshments!

“

*It improved my confidence and I want to keep moving forward.* ”

**Monday October 14th, 11:00 - 14:30**  
**Arc at Hat Works, SK3 0EU**

**#StockportArtsandHealthWeek**