

NIWE Eating Distress Service

HOPE GROUP 2019

Happiness, Openness, Positivity, Esteem

Creative Writing - 4th April

Mindfulness - 2nd May

Singing - 6th June

Glass Painting - 4th July

Chair Yoga - 1st August

Accepting ourselves - 3rd October

Tyneside Cinema - 7th November

Silk Painting - 5th December



What: An empowering group which promotes HOPE

When: First Thursday of each month

Who: Women 16+ with Eating Distress

Time: 5pm - 7pm

Where: NIWE Eating Distress Service

The Old Post Office,

5 Pink Lane,

Newcastle upon Tyne

How To Book

Contact **NIWE**

Tel: 0191 221 0233 (**OR**)

Email: enquiries@niwe.org.uk