

# Wellbeing sessions Adults/Carers



**Pottery**



**Henna**



**Painting**



**Gardening**

## FREE wellbeing sessions:

Activities will vary weekly and different options will be on offer. Clay, painting, mindful colouring, seasonal crafts, baking, cooking, cake and sugar craft, diamond art, macrame, mental health boosting activities.

Street Teams will present topics on surrounding all forms of exploitation, internet safety, healthy and unhealthy relationships, the 5 love languages, helping with parental and child relationships, looking at the words we use, and mental health/wellbeing boosts techniques and strategies.

**For more information please contact Street Teams**

Call 01922 621208 or email [admin@street-teams.org](mailto:admin@street-teams.org)



**Walsall Council**

## Dates & times:

All sessions are free to attend and participate!

### Parents/carers/adult sessions

Street Teams, 1 Butts Street WS42BJ

Every other Monday 09.30am - 11.00am

from 15<sup>th</sup> September until 22<sup>nd</sup> June 2026.

15 <sup>th</sup> September	29 <sup>th</sup> September	
13 <sup>th</sup> October	27 <sup>th</sup> October	
10 <sup>th</sup> November	24 <sup>th</sup> November	
8 <sup>th</sup> December	22 <sup>nd</sup> December	
5 <sup>th</sup> January	19 <sup>th</sup> January	26 <sup>th</sup> January
2 <sup>nd</sup> February	16 <sup>th</sup> February	
2 <sup>nd</sup> March	16 <sup>th</sup> March	30 <sup>th</sup> March
13 <sup>th</sup> April	27 <sup>th</sup> April	
11 <sup>th</sup> May	25 <sup>th</sup> May	
8 <sup>th</sup> June	22 <sup>nd</sup> June	

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### Parents/carers/adult sessions

Green Rivers Community Association

Green Rivers Lane, 109 Green Rock Lane, WS3 1NQ

Every other Monday 9.30am - 11.00am

from 22<sup>nd</sup> September 2025 until 29<sup>nd</sup> June 2026.

22 <sup>nd</sup> September		
6 <sup>th</sup> October	20 <sup>th</sup> October,	
3 <sup>rd</sup> November	17 <sup>th</sup> November	
1 <sup>st</sup> December	15 <sup>th</sup> December	
12 <sup>th</sup> January	26 <sup>th</sup> January	
9 <sup>th</sup> February	23 <sup>rd</sup> February	
9 <sup>th</sup> March	23 <sup>rd</sup> March	
6 <sup>th</sup> April	20 <sup>th</sup> April	
4 <sup>th</sup> May	18 <sup>th</sup> May	
1 <sup>st</sup> June	15 <sup>th</sup> June	29 <sup>th</sup> June