

# My Time My Space



a **project for women** experiencing post-natal depression  
Do you want time for yourself? Want to learn some new creative skills in a friendly, supportive environment, with a crèche provided? A chance to make new friends, share experiences, promote wellbeing and have FUN. Facilitated by professional arts tutors with a health visitor present to offer advice and support.

**Keynsham Children's Centre**

**65 Westview Road, Keynsham, BS31 2UE Tel: 01225 395400**

**FRIDAYS Start 9.30am – 11.30am**

22<sup>nd</sup>, 29<sup>th</sup> January, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> February,  
5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March 2010

Contact your health visitor or Keynsham Children's Centre **01225 395400**  
A professionally run crèche will be provided by Keynsham Children's Centre.  
Transport can be arranged if needed. Please phone **01761 438553**

nesa develops and delivers quality arts projects with communities, enabling positive change

our funders:



THE LEARNING  
REVOLUTION



BIS  
Department for  
Business, Innovation  
and Skills

our partners:

B&NES PCT Health Visiting Team  
Keynsham Children's Centre  
Transformation Fund



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Tel: 01761 438553

[www.nesacreativechange.org.uk](http://www.nesacreativechange.org.uk)