

'I am here, I matter'

EnJOY With Sarah



'True lasting joy comes from making peace with who you are and why you are here.'
(Nadia Narain & Katia Narain Phillips 'Self-care for the real world')



Starting Monday 2nd June at Redditch

In this creative project we will be exploring the idea of joy and how we can cultivate our own sense of joy. Together we are going to go on a journey, asking questions like – What could joy feel like to me? What could I do to feel more joyful?

Sessions will be focused on developing skills and increasing confidence. This course gives people the opportunity to sit forward, to be fearless, to have a voice, to find meaning. By enabling people to be curious, to celebrate, to share.

Redditch

Mondays

10:30am-12.30pm

Women Only
Booking Essential

Booking is essential - priority will be given to women in the local area.

For more information and booking
Contact JOY@worcestercommunitytrust.org.uk

