



# ARE YOU INTERESTED IN ART?

## DO YOU HELP SUPPORT A FAMILY MEMBER OR FRIEND WITH MENTAL HEALTH PROBLEMS?



Pass It On is an Art project that gives Hull carers the opportunity to get together, learn new skills, relax and have fun.



**The dates of this group are 19<sup>th</sup> Nov, 26<sup>th</sup> Nov, 3<sup>rd</sup> Dec, 17<sup>th</sup> Dec, 7<sup>th</sup> Jan and 14<sup>th</sup> Jan at HEY Mind, 41-45 BEVERLEY ROAD**



no experience is necessary and all materials are provided 😊  
for further details and to secure your place please call **Melissa on**



**01482 344718 or 07515 788154**



ALL ARTWORK ON THIS POSTER WAS CREATED BY HULL CARERS CENTRE ART GROUP

