



Trauma  
Informed

# Creative Art Workshops

Healing Through Creativity

Free for Adults

Free for Ages 14 -18



Salford City Council



**Salford CVS**  
Making a difference in Salford

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Brought to you  
by Empower  
Me Together



Join us to explore  
emotions, create art  
and learn mindfulness  
techniques



To book  
online, scan  
this QR code



Book now or Drop In: Limited places available!

## Tell Me More!

If you've experienced upsetting life events, we see you. The pain is real, but so is the path to healing.

Through creative expression, we offer a safe space to process emotions, rebuild confidence and find your voice. You are not alone – let art guide your journey to recovery ❤️

Topics include: Colours and emotions, create a character, mask making, paint pouring and mindfulness through journalling. There is also an opportunity to showcase your work at the end to the public!



## When and where

Thursday 29th May and  
5th, 12th, 19th June 2025



**Pendleton Gateway, 1 Broadwalk  
Pendleton Salford M6 5FX**

**2pm - 3.30pm** Adults 19+ Free  
**4pm - 5.00pm** Ages 14-18 Free

## How to book

**Scan the QR Code above to book  
online, Email, Phone, Whatsapp or Text**

Send your name, age, phone number and email  
Provide your name, age, phone number and email



**empowermetogether@outlook.com**



**07873 614846**