



## **Arts & Crafts Group**

**Lhanbryde Community Centre  
Tuesdays 12pm - 4pm**

**Portessie Public Hall  
Thursdays 12pm - 4pm**

**£4 per Session**

**Inspirational Colours provides a social arts & crafts club  
For adults who suffer mental health problems.  
We offer a relaxed and friendly setting in which members  
can socialise with those who are in the same circumstances  
and can offer support and understanding.**

**For more information attend one of our groups for a free taster  
session or email us at [Inspirational.colours246@gmail.com](mailto:Inspirational.colours246@gmail.com)  
Call us Monday to Friday between 10am -2pm on 07387 980639  
Or visit us on Facebook at  
[Inspirational Colours/SocialIsolationMoray](#)**