

# LOVE YOURSELF **AND** **BE KIND TO YOUR MIND**

Learn ways to be kind to yourself, practice gratitude and create positive affirmations.

**Crafts**



**Activities**

**11am - 3pm**

**Haden Hill House**

**Halesowen Road, Cradley Heath, B64 7JU**



**Make and  
take home**

**Thursday 19<sup>th</sup>  
February 2026**



For additional information or brief sign up form to register attendance, please email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net) or feel free to pop in on the day!


# Wellbeing in Nature

**Spend time in nature and join us for nature-themed wellbeing and craft activities!**

**11am - 3pm**

**Oak House Museum**

**Oak Road, West Bromwich, B70 8HJ**



**Tuesday 17<sup>th</sup>**  
**February 2026**

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