

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 19th
February 2026



For additional information or brief sign up form to register attendance, please email 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 17th
February 2026**

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