



One to One Project

Counselling • Mentoring • Group Work

Registered charity no. 299052



This is a workshop that will explore 'who am I?/self-awareness, through:

ART

Colour

Expressive Arts

MEDITATION

The group will be held at:

The One to One Project
Nelson House
Bergen Way
King's Lynn PE30 2DE

Time: 10.00am – 12.00 noon
Date: Each Friday for 6 weeks
beginning 17th September 2021

To reserve your place telephone 01553 770770