

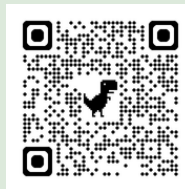
# CREATIVE ARTS THERAPY GROUP 'DIVINE THREADS'

A gentle, culturally supportive space for Black and Black Mixed women to rest, heal, and reconnect with themselves in community. **Free to attend.**



**26th February – 11th June 2026 (13 weeks)**  
Every Thursday at 10.30am – 12pm  
London N19

To apply please scan the  
QR code. Only for Islington  
residents who are 18+



## This group will support you to:

- Feel safer and more grounded in your body and mind
- Manage stress and strong emotions
- Rebuild self-worth, identity, and your voice
- Learn about boundaries, consent, and healthy relationships
- Reduce shame and isolation through sisterhood
- Build confidence, choice, and wellbeing support