

Crafternoon

A lovely '**Crafternoon**' here at Chichester Information Shop for Young People learning about and designing a **self-soothe box** – a great resource to help ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood.

We provide the boxes, art materials and hot chocolate. Just bring yourselves 😊

for Young People age 11-17

5pm-6pm Tuesday 22nd March 2022

To sign up, email: admin@chiinfoshop.org.uk

Or call: 01243 839093

