

Visit our website: [www.sparrowsnestmakers.ca](http://www.sparrowsnestmakers.ca)

## Adult & Community Drop-ins

**\$10 each /Families of 3 or more \$25**

Explore and create using our materials  
or bring your own project work.

Relax with our mugs of coffee/tea on our comfy sofas!

## Tea Social

**\$10 Drop-in**

A gentle space for social connection to bring a friend  
✂✂ or loved-one who may feel lost in the world.

## ✂✂ Teen Drop-in (ages 13 and up)

**FREE thanks to local sponsorship**

Gently guided with support for exploring skills,  
creative ideas and independent project work.

Use our materials or bring your own.

## ✂✂ Community Drum Jam Drop-in

**Last Wednesday of every month. By donation.**

All welcome! Lead by Daley, Dylan and Friends!

Bring own instruments or share ours!

## ✂✂ FREE-JAM 2000 with Daley & Friends

Inclusive spontaneous-improv-weirdo-jam!

Bring any instruments/sing/dance!

\$5 includes FREE JAM & snacks!

# The Nest



**Registration required.**

Gently guided and supported creative group for youth.

Spring/Summer Session: April 9th-June 20th 3.30 - 5.30pm

Tues ages 10+ / Weds ages 8 - 10 /Thurs ages 10+

(Please enquire for mid-way registration)

## Caring Arts for Grief and Loss

**Drop-in \$15**

Join Donna Hull for expressive arts and gentle guidance in a caring  
group that offers space for listening and supporting.

A professional artist and teacher, Donna has trained in Expressive  
Artmaking with Dr. Phil Jones from University of Leeds, Nadia Chaney  
at "Art Not Shame" and Art Therapist Nicole at Hospice Wellington.

## Hospice Music Therapy

**Register: [info@hospicewellington.org](mailto:info@hospicewellington.org)**

Catherine Manning, Music Therapist from Hospice Wellington  
holds space with music to enhance your well being in a caring group.

## Intuitive Art

**Registration Required: [mandaliahouse@hotmail.com](mailto:mandaliahouse@hotmail.com)**

**\$35 plus \$15 for supplies**

Join Mindfulness Coach, Andrea Lines from Mandalia House  
to create a free-flow art canvas that resonates with your true essence.

