

Discovering Gold

Let's face it, life can leave us feeling cracked or broken. One in every four adult women is living with a common mental health problem. Join us on a wellbeing journey to discover treasure in life's scars and struggles.

FREE - starts Tuesday 24th February 2026 at Cromer Church



Inspired by the Japanese art of *Kintsugi* 金継ぎ, where broken pottery is repaired with gold, Kintsugi Hope Wellbeing Groups offer a gentle journey toward emotional health and hope. Over 12 weeks, we'll explore themes such as anxiety, shame, loss, resilience and healthy relationships.

When: 11am – 1pm on Tuesdays starting 24th February 2026

Where: Parish Church Lounge, refreshments provided

Who: Open to women aged 18+, limited spaces

**Anyone interested in joining
or for more information**

please contact

Cromer Church Office

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**Discovering
treasure
in life's scars**



**CROMER
CHURCH**