

Art for Wellbeing Warwickshire

free online and in-person courses and workshops
supporting the mental wellbeing of adults in Warwickshire

September – October 2021

For more information and to book your place
<https://arty-folks.org.uk/whats-on/calendar/>
<https://www.recoveryandwellbeing.co.uk/>



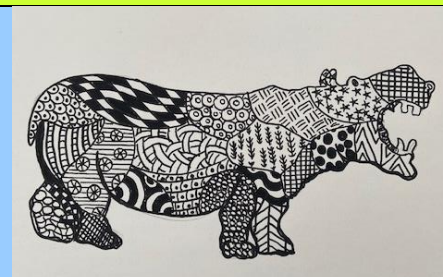
Try something new! taster workshops



Lunch & Learn	12.15pm – 12.45pm
4 th Oct – Wool Craft	tinyurl.com/cmsu3r2d
5 th Oct – Qigong	tinyurl.com/7czs9jw9
6 th Oct – Writing	tinyurl.com/3a4db79y
7 th Oct – Drawing	tinyurl.com/2jt3tzje
8 th Oct – Tin Art	tinyurl.com/rvkb89tm
Come Connect	4pm – 5pm
2 nd September	tinyurl.com/2d3779km
28 th October	tinyurl.com/2ndsv666

Enjoy informal taster workshops that will help you get started on your creative journey. Explore the mental health benefits of connecting to like-minded people in a safe and creative environment.

Start your creative self-development journey 6-week courses



Art for Relaxation morning, afternoon, or evening for people in employment	
6 th Sep 10am – 12pm	tinyurl.com/4mf54p36
13 th Sep 7pm – 8.30pm for people in employment	tinyurl.com/84szmuku
28 th Sep 1pm – 3pm	tinyurl.com/8hscabcw
20 th Oct 10am – 12pm	tinyurl.com/3pnnekt4

Learn to switch off from worrying! Even if you don't think you are 'arty' we will help you create your own artwork in easy steps and to become more confident in your skills and abilities.

Improve your creative skills and confidence 6-week courses



A Passion for Plants	
8 th Sep 10am – 12pm	tinyurl.com/3chz7dw2
12 th Oct 7pm – 9pm	tinyurl.com/7jybfrpk
Woolly Wonderful	
13 th Sep 1pm – 3pm	tinyurl.com/59wztzhr
Healing Art of QiGong	
12 th Oct 10am – 12pm	tinyurl.com/2nw8hvkbb

Explore the link between your creativity and good mental health further, and learn the techniques to ground yourself in your own personal arts practice.

Challenge yourself and advance your arts practice 6-week courses



Fine Art to Wellbeing	
15 th Sep 1pm – 3pm	tinyurl.com/5e4mrdsz
New Perspectives	
Thursdays 1pm-3pm, ongoing support group	email: courses@arty-folks.org.uk
Monthly Arty meet-up	
12 th Sept 7pm-8.30pm	tinyurl.com/ypwxyx4u
10 th Oct 7pm-8.30pm	tinyurl.com/35rahy69

Learn to fuse your personal arts practice with self-development themes that will help you look at things from a fresh perspective and map a different way forward.