



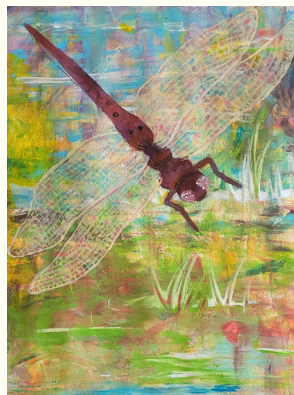
ARTY FOLKS

Create Engage Discover

Art for Mental Health

Courses and Workshops

- Coventry Studios
- Canvas to Change
- Lillington Makers
- Come Connect



"I always come away feeling I've achieved something. It's a confidence booster."

"Being creative side-by-side with people who understand what you're going through has been life changing. It's cleared a space in me for real healing."



"I really enjoyed the art and mental health combo. It's challenged me out of my comfort zone to discover a sense of joy and excitement about possibilities."



Welcome to Arty-Folks

We support adults 16+ of working age who are at a low point in life and are struggling with mental ill health in Coventry & Warwickshire.

We combine Art for self-development with Peer Support and 1:1 Personal Mentoring to help you build your skills and confidence to realise your full potential.

Coventry Art Studios in-person

Join a free 3-week course introducing you to Art for Mental Health and start your creative recovery journey. You will learn foundation skills to painting with acrylics and ideas to light your imagination.

Canvas To Change in-person 16-25yr olds

Learn to manage stress and anxiety by developing your creative voice through a wide range of arts and crafts, digital art, film making, painting, sculpture, textile, mixed media projects.

Lillington Makers in-person

A social arts & crafts group for residents in Lillington that create vibrant and colourful artwork for their community.

Come Connect Online

A free 1 hour taster workshop with materials you will have at home. It will introduce you to Creative Mindfulness and give you a good flavour of simple art techniques you can use any time you need to de-stress and unwind.

How to join

Visit www.arty-folks.org.uk/whats-on to explore Art for Mental Health and book a place on the course of your choice. **Booking is essential.**

After receiving your course booking we will get in touch with you to find out more about your needs and ambitions, and answer any questions you may have.

Follow Arty-Folks on social media



www.arty-folks.org.uk
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074 4364 3634

"A welcoming and non-judgemental space to explore my emotions in a creative way."



"The highlight of my week! I enjoy the discussions about art and life just as much. I can be open and honest, and we have a laugh."



I feel I understand myself better and it's given me hope for recovery.



Create

Whether you are talented or haven't done any art since school, our experienced Art Tutors will support you to develop your creative confidence step by step.

You can explore a wide range of media such as drawing, painting, sculpture, textile, collage, or mixed media through bite-size projects.

Engage

Enjoy quality 'me-time' in a safe space with a small group of like-minded people who understand what you are going through.

With our Mentors you can discuss confidentially what is holding you back, explore what really matters to you, and move towards your chosen goals.

Discover

Through your artwork you will discover your strengths, skills, abilities, and personal qualities that empower you to thrive in life.

Our Peer Support Workers will support you to explore new opportunities in the community including social groups, volunteering, education, or employment.