

Art for Wellbeing Warwickshire

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



February-April 2022

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



ONLINE - start your creative journey

Come Connect

Mon. 21st February, 4pm-5pm

tinyurl.com/5ap6s42t

Mon. 4th April, 4pm-5pm

tinyurl.com/2wycr3tm

Meet our tutors in this informal workshop. Find out more about our courses and how Art can support your wellbeing.

ONLINE - daytime courses

Art for Relaxation

Tues. 1st March, 1pm-3pm

tinyurl.com/4bw2db42

6-weeks online course

Healing Art of QiGong

Mon. 21st March, 1pm-2.30pm

tinyurl.com/2p96rbh3

3-weeks online course

Painting for Pleasure

Wed. 27th April, 1pm-2.30pm

tinyurl.com/2s3zdkvu

6-weeks online course



ONLINE - evening courses for adults in employment

Painting for Pleasure

Tues. 1st March 7.00pm-8.30pm

tinyurl.com/yydv2nuk

6-weeks online painting

Passion for Plants

Mon. 25th April 7.00pm-8.30pm

tinyurl.com/yxfj4xep

6-weeks online painting



For more information

courses@arty-folks.org.uk

mob. 074 436 436 34

Phone 024 76414740



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To support our unpaid Carers

Passion for Plants

Mon. 28th February, 10am-12pm

tinyurl.com/4x7m3ymf

Online

Garden Crafts Coventry

Mon. 27th April 10.30am-12.30pm

tinyurl.com/46p5p59j

Penny Collard Centre, Coventry

Garden Crafts Leamington

Tues. 26th April 10.30am-12.30pm

tinyurl.com/46p5p59j

Brunswick Hub, Leamington

Arty-Folks has teamed up with the Heart of England Carers Trust

to offer unpaid carers in Coventry & Warwickshire these 6-weeks painting or crafting courses.

We will provide all art materials at venues or post an art pack to you.

In-Person - Nuneaton and Coventry

Stepping out in Nuneaton

Tues. 1st March 10.30am-12.00pm

tinyurl.com/mvtdfm3b

6-weeks walk&talk in-person

Arty-Folks Studios Coventry

Wed. 23rd March 10.00am-12.00pm

tinyurl.com/3b869vfk

3-weeks therapeutic art in-person



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