## **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

Mon. 4th April, 4pm-5pm

tinyurl.com/5ap6s42t

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

**Healing Art of QiGong** 

Mon. 21st March, 1pm-2.30pm

**Painting for Pleasure** 

Wed. 27th April, 1pm-2.30pm

tinyurl.com/4bw2db42

6-weeks online course

tinyurl.com/2p96rbh3

3-weeks online course

tinyurl.com/2s3zdkvu

6-weeks online course



### **ONLINE - evening courses for adults in employment**

**Painting for Pleasure** 

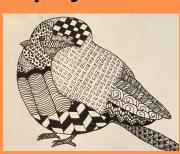
Tues. 1st March 7.00pm-8.30pm

**Passion for Plants** Mon. 25th April 7.00pm-8.30pm tinyurl.com/yydv2nuk

6-weeks online painting

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

**Garden Crafts Coventry** 

Mon. 27th April 10.30am-12.30pm

**Garden Crafts Leamington** 

Tues. 26th April 10.30am-12.30pm

tinyurl.com/4x7m3ymf
Online

tinyurl.com/46p5p59j

**Penny Collard Centre, Coventry** 

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

**Arty-Folks Studios Coventry** 

Wed. 23rd March 10.00am-12.00pm

tinyurl.com/mvtdfm3b

6-weeks walk&talk in-person

tinyurl.com/3b869vfk

3-weeks therapeutic art in-person



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