

Explorative Art for Wellbeing



Improve your wellbeing by taking part in something creative.

About this Activity

What participants say:

'It's reassuring to know that I will be welcomed with friendliness and for two hours I can feel good in myself. The tutor has made the class interesting, calm and non-judgemental, with ideas that I can try at home.'

Accessibility Information

- Absolute beginners are thoroughly welcome. If you can draw a stick person come along!

Supported by



Clarion Futures

 Date

1st Wednesday
3rd Wednesday
each month

**Wed,
1st Nov
2023**

 10:30am - 12:30pm

 Price

Free

 In-Person

**Old Fire Station
Community Centre
84 Mayton Street,
London
N7 6QT**



