

Art and Wellbeing Class Opportunities

Art and Wellbeing Class (5-12 years) -Tuesday 4-5.30pm, Fairweather Hall, Starts Tuesday 2nd November 2021

These classes are aimed at children looking to engage in art for their wellbeing and to explore their feelings through creativity and imagination. Touching upon art therapy techniques, children will participate in a combination of self-directed art-making and creative activities led by our tutor, using a variety of materials that will allow them to express themselves and get creative in a friendly and sociable environment.

Please note: whilst led by a qualified Art Therapist, these are not Art Therapy sessions. If you believe your child requires support with their emotional or mental wellbeing, a variety of support services can be found here

<https://blogs.glowscotland.org.uk/er/healthierminds/parents-carers/or> please consult their GP.

Cost £49.80/£34.80 Concession (this is a 6 week block)

To book, please visit: <https://www.ercultureandleisure.org/artclasses.html>

Art and Wellbeing Class – Adults -Tuesday 1-2.30pm, Fairweather Hall, starts Tuesday 2nd November 2021

These classes are aimed at individuals looking to engage in art for relaxation and to improve their wellbeing and mental health. Touching upon art therapy techniques, you will participate in a combination of self-directed art-making and creative activities led by our tutor. A variety of materials will be available that will allow you to creatively express yourself in a friendly and sociable environment, learning techniques which you can continue to develop at home. Materials are provided for this session, but you may also wish to bring your own.

Please note: whilst led by a qualified Art Therapist, these are not Art Therapy sessions. If you require support with your emotional or mental wellbeing, a variety of support services can be found here <https://eastrenfrewshire.gov.uk/Talking-Points> or please consult your GP.

Cost £77.10/£54 concession (this is a 6 week block)

To book, please visit: <https://www.ercultureandleisure.org/classesforadults.html>