

'Express Yourself'

'Express Yourself' art sessions are open to all*. Are you feeling anxious or depressed? Many people find art very therapeutic. For those wishing to progress their skills the sessions offer a high standard of tuition as well as lots of fun. The small groups are friendly and supportive. Just ring to book a space or pop in.

*Adults only.

August

Wednesday 19th

Mark making

An introduction to drawing

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 21st

Make a sculpture

A great session using found objects and recyclables!

10.30 - 12.30

Open workshop

2.00 - 3.30

Wednesday 26th

Express Yourself Collage

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 28th

Fabby crochet

10.30 - 12.30

September

Wednesday 2nd

Songs of summer

Music and singing

10.30 - 12.30

Friday 4th

Design and paint a mural

10.30 - 12.30

Open workshop

2.00 - 3.30

Wednesday 9th

Watercolours

Learn the basics

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 11th

Painting the mural

10.30 - 12.30

Open workshop

2.00 - 3.30

Wednesday 16th

Paint how you feel

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 18th

Screen printing

10.30 - 12.30

Wednesday 23rd

Moving to the music

10.30 - 12.30

Open workshop (art)

2.00 - 3.30

Friday 25th

Silk Painting

A sensuous experience

10.30 - 12.30

Open workshop

2.00 - 3.30

Wednesday 30th

Printmaking (1)

An introduction to printmaking

10.30 - 12.30

Open workshop

2.00 - 3.30

October

Friday 2nd

Weave the zany hammock

10.30 - 12.30

Wednesday 7th

Magic of Marbling

Learn the basics
10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 9th

Mixed media

Create with different materials and methods

10.30 - 12.30

Wednesday 14th

Printmaking (2)

More printmaking

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 16th

Have a go at Felting

10.30 - 12.30

Wednesday 21st

Try 'Still Life'

Learn how to draw or paint a still life

10.30 - 12.30

Open workshop

2.00 - 3.30

Friday 23rd

Dance taster

10.30 - 12.30

Wednesday 28th

Try your hand at Decoupage

10.30 - 12.30

Open workshop

2.00 - 3.30

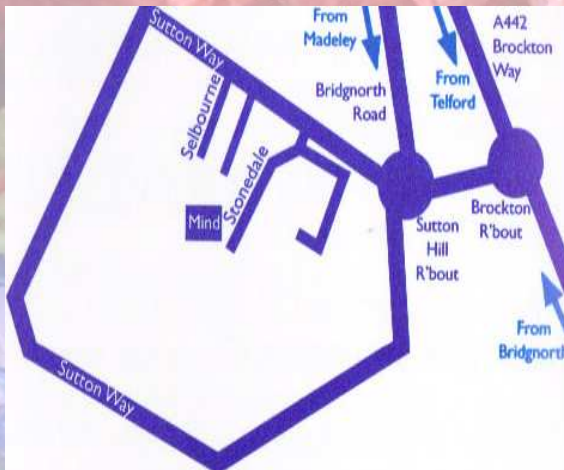
Friday 30th

Sing it out

10.30 - 12.30

Telford Mind
76- 83 Severn Walk
Sutton Hill,
Telford TF7 4AS
01952 588367

Talk2@telfordmind.co.uk www.telfordmind.uk



By car:

**Follow signs to
Sutton Hill, then
to Local Centre.**

By bus:

**Bus routes 22
and 11.**

‘Express Yourself’ Art Sessions at Telford Mind

The artists who have developed this project and those leading the sessions have had direct experience of mental health issues or of supporting others. Our aim is to provide the opportunity for self expression, learning and enjoyment to promote and enable well being in a relaxed and friendly environment.

For beginners to those with more experience.

Find your creative voice and have fun.

**Find the creative you with our Summer
Tasters**

Ring Jean Mills 01952 588367 or pop in