

BRINGING PROFESSIONALLY LED ART WORKSHOPS TO ADULTS WHO HAVE EXPERIENCED MENTAL ILL-HEALTH

Arts Care Gofal Celf's  
Creative Communities project introduces...

# MONTHLY ART WORKSHOPS ONLINE

**JOIN ACGC'S ARTISTS ON WEDNESDAYS VIA ZOOM AND  
SUPPORT CREATIVITY AND WELLBEING:**

27th October 2021- Clay creations with Rebecca

24th November- Festive wire and bead decorations with Fran

15th December - Stitch cards with Mandy

26th January 2022- Mindfulness and mandalas with Jackie

23rd February - Willow weaving with Justine

30th March - Cyanotype print with Ainsley

**...ALL 1.30-3.30PM**

Please book ASAP so we have plenty of time to send out material packs for workshops or to ensure you have time to gather any equipment or materials needed.

**FOR FURTHER DETAILS AND TO BOOK:  
EMAIL [RACHEL@ACGC.CO.UK](mailto:rachel@acgc.co.uk)  
OR LEAVE A MESSAGE ON 01267 243815**



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