



CREATIVE ARTS FOR WELLBEING

A creative course, delivered digitally, designed to support young adults' mental health through the arts.

An evening course of six free digital workshops for young adults aged 18 – 25 years to support their mental health. This course aims to improve wellbeing through expressive arts activities in the context of the Covid-19 pandemic.

- Session 1 An introduction to mental health and wellbeing
- Session 2 Creative writing for wellbeing
- Session 3 Singing for wellbeing
- Session 4 Visual art for wellbeing
- Session 5 Drama for wellbeing
- Session 6 Yoga and meditation for wellbeing

How to get involved

This course is free and is to support young adults with their mental health. Participants can self-refer or be referred from organisations already working to support young adults in West Berkshire.

You can find more information and download a referral form at: www.cornexchangenew.com/creativeartswellbeing

For enquiries, contact getinvolved@cornexchangenew.co.uk

Funded by the West Berkshire Community Education Fund, this course is run by one of the Corn Exchange's arts education specialists alongside guest professionals in singing, drama, writing, art and yoga.

Online via Zoom

Tue 22 June, 7.30pm–9.30pm

Tue 29 June, 7.30pm–9.30pm

Tue 6 July, 7.30pm–9.30pm

Tue 13 July, 7.30pm–9.30pm

Tue 20 July, 7.30pm–9.30pm

Tue 27 July, 7.30pm–9.30pm

FREE



West
Berkshire
COUNCIL