

FREE 4 WEEK ONLINE COURSE!



Arts & Crafts for Wellbeing

PLACES ARE LIMITED - PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT

Getting absorbed in an art or craft project can help us forget our worries, lower our stress levels and improve our wellbeing. Each week, we will send you a link to a video tutorial. You will be able to watch the video and have a go at the project in your own time.

The following week our Instructor will host a Zoom meeting where you can ask questions, get tips and hints, share your work (if you wish to) and get feedback.

Over four weeks you will work on four mini projects as follows: Silhouette Paper Collage, Zen Doodles, Macrame feathers and Blackout poetry art.

**Zoom meetings will take place on the following Mondays:
28th September, 5th, 12th, 19th October 11:00am – 12.00pm
Video tutorials will be sent out week commencing 21st September**

To find out more or to book:
call: 030 300 38212
email: community.info@escg.ac.uk