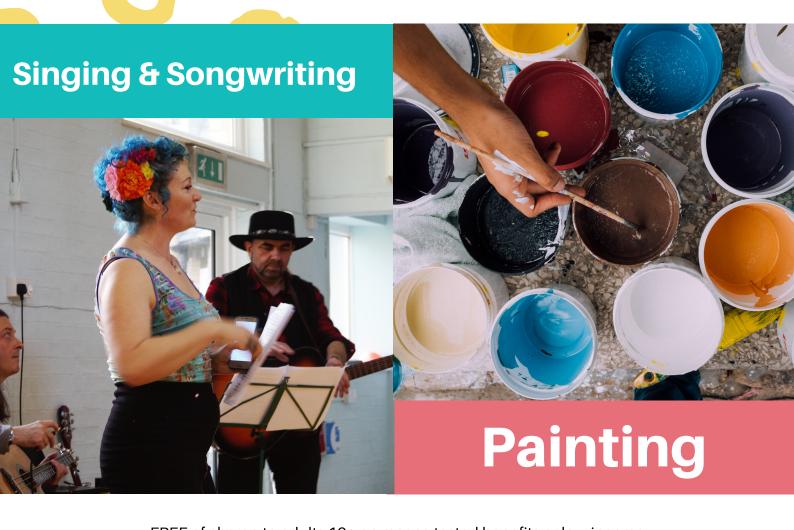
Improving Mental Health with Creativity



FREE CREATIVE SHORT COURSES

Spring 2020

"I have developed new techniques and confidence to try things and fallen in love with art again" - Learner



FREE of charge to adults 19+ on means-tested benefits or low income

EXPRESS YOUR INTEREST NOW!

www.camcommarts.org.uk/join-a-course email: admin@camcommarts.org.uk phone or text: 07763 280029



At Cambridge Community Arts you will find a safe space to:

- Express yourself creatively
- · Learn and be inspired
- Grow in confidence

We welcome people with experience of mental ill-health, priority is given to those with health conditions.

Singing & Songwriting

Tutor: Meg Day

Join singer / song-writer Meg for "Well Sound", a fun and friendly short course in singing, song-writing & sound making for wellbeing, surprise yourself with the songs you might find inside.

Mondays 1.30 - 4.30pm 20th January - 16th March 2020 Ross Street Community Centre

Painting The Language of Paint

Tutor: Dan Donovan

Explore creative painting and individual expression on this intuitive painting course suitable for all levels. Dan will bring out the artist in you, helping you develop your own unique style and learn the language of painting and drawing.

Mondays 1.30 - 4.30pm 3rd February - 30th March 2020 Meadows Community Centre

