

Artshine

Wellbeing through creativity

Artshine is an informal arts-based course facilitated by a professional artist who has experience working with people with low to moderate mental health issues.

The course provides a safe space for you to be yourself, to have a break from troubling feelings and thoughts, and to discover new creative interests in a relaxed setting.

You will be offered an introduction to a range of different art activities, and supported to develop your own particular creative interests. No previous arts experience is necessary.

**Artshine is available on referral from the
Bristol Wellbeing Therapies Service Tel: 0117 982 3209**

Artshine is not art therapy, but focuses on using arts and creativity to improve mental wellbeing. It is a group setting where you will have the opportunity to connect with others who experience depression, anxiety and other common mental health difficulties.

Artshine has been running for almost 10 years and has been proven to improve wellbeing in 80% of participants.

Where will it be held?

There are two Artshine courses held in the Art Room at Wellspring Healthy Living Centre, one in the daytime and one in the evening.

Dates:

Tuesday evenings: 6 p.m. to 8 p.m.

Friday mornings: 10 a.m. to 12 noon



Wellspring HLC is fully accessible

If you have a physical disability or illness, you will still be able to attend.



Wellspring
Healthy Living Centre