

# You Can Art

## Details

### Description

Often the pressures of daily life and taking care of others means that we don't get chance to take time for ourselves. You Can Art is a workshop for parents & carers that makes space for you to think about your feelings and your wellbeing while making some art. You will use charcoal, paint, clay, words and drama to find out what stories are bubbling within you, and your facilitators will guide you to find out what those stories might want to say to you.

Please note this is not a therapy group but a space for self-reflection and some creative fun! You don't need any art experience to join and all materials are provided.

To ensure you receive your art pack in time, you must book your place by Saturday 17 April.

### Date

20 April 2021

### Start Time

10:00

### End Time

11:30

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## Costs

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Free  
18+

## Event Repeats

### Repeats

There are currently no upcoming scheduled repeats

## Venue Information

### Address 1

Online - Zoom

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