

# Colourful Minds

## *Art for Wellbeing*

~ Taster sessions 3 & 10 November

~ 10 week course starting 17 November

*Sign up today!*

Colourful Minds is a free 10 week creative art course run by Herts Inclusive Theatre for those with conditions affecting mental wellbeing, such as stress and anxiety or those wishing to support their mental wellbeing through creativity.

**Drop-in taster sessions will take place on Fridays 3 & 10 November, 12-2pm**  
**- come and try the activity, meet the artist & find out more!**  
**The 10 week course starts on Friday 17 November, 1-3pm.**

**Venue: South Hill Centre, Hemel Hempstead, HP1 1JF**

All are welcome & no art experience is necessary

For more information, visit:

[www.dacorum.gov.uk/colourfulminds](http://www.dacorum.gov.uk/colourfulminds)

Or contact Herts Inclusive Theatre

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