

Colourful Minds

Online Creative Therapy Programme

Creativity for Wellbeing

Starting Friday 5 November

online - sign up today!



Colourful Minds is a **FREE** 12 week creative therapy course run by Herts Inclusive Theatre for those with mild to moderate mental health issues such as stress, anxiety, depression or other conditions affecting mental wellbeing.

Taking part in arts activity can have a positive influence on mental health and general wellbeing and give those involved a sense of personal achievement.

Application is by referral only

from a GP, medical or health professional or support worker.

The course is funded by Dacorum Borough Council.





When: Fridays, starting 5th November 2021

Time: 10.30am-12.30pm

Where: Online via Zoom

Who: Dacorum residents aged 18+

Cost: Free - materials are also provided

How to apply:

Please ask a health professional (GP, counsellor, psychiatric nurse, psychologist or staff at support organisations e.g. Mind, Herts Help). The course is run by a qualified Art Therapist from Herts Inclusive Theatre.

For details, or for more information visit:

www.dacorum.gov.uk/ColourfulMinds

Or contact Herts Inclusive Theatre

Kerry@hit-theatre.org.uk

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