



# Artlift



Are you a Glos-based adult living with mental health &/or chronic pain challenges?

## Join our free & fun 'Turn Your Page' course!

**Mondays 2.15 - 4.15pm**

At Jameson Court, Moreton-in-Marsh



### Get creative

- no need to be good at art to take part
- try different activities
- create your own book!
- boost confidence



### Free and Fun

- 10 arts sessions
- materials provided
- personalised coaching
- connect with others



'This therapeutic course has been so beneficial because there was no "talking about that stuff."

'A time just to be - to make and create in a safe environment with people who get where you're at, without you having to say. Very powerful'



Just fill in a form or get a referral from your health or social care professional

[www.artlift.org](http://www.artlift.org)

**03000 200 102**

[referrals@artlift.org](mailto:referrals@artlift.org)



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