

## Drawing and Painting for Wellbeing

### About the Course

This course is designed to harness the therapeutic power of drawing and painting as tools for enhancing overall well-being. Participants will explore creative expression as a means of stress relief and self-discovery. The course aims to create a supportive environment where individuals of all artistic levels can find joy, mindfulness, and relaxation through the practice of visual arts. Our goal is to foster a sense of community, self-compassion, and holistic wellness through the power of artistic expression.

### Course Learning Outcomes

- Explore how creating art impacts your feelings or moods
- Complete a personal drawing and painting portfolio

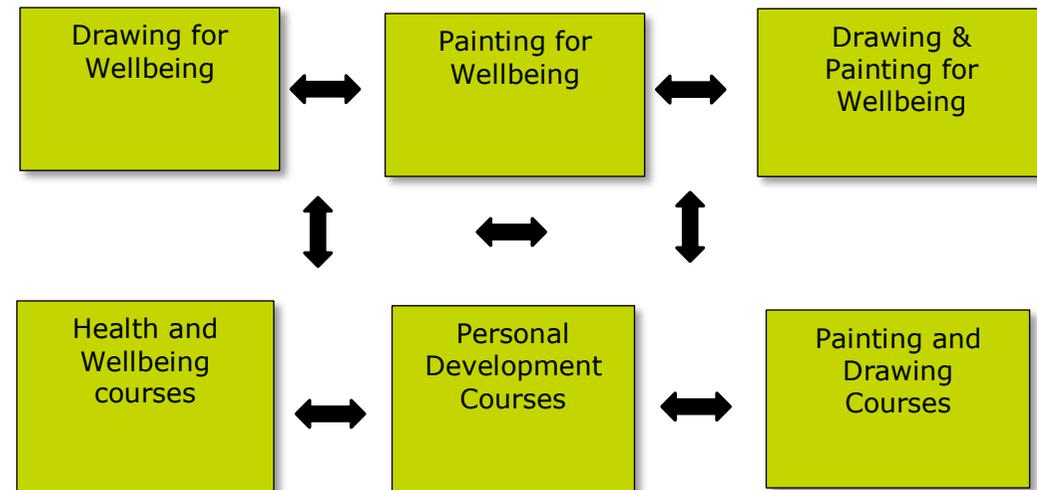
***Please note: To successfully complete this course, you must commit to 100% attendance and punctuality.***

### What is needed for the course?

Essential materials will be provided. You might wish to bring more specialist equipment and material. Your tutor can advise you further.

***If you need any additional support, please call us:  
02085836000.***

### Progression Pathway



**We can also provide you with information, advice and guidance for employment or further learning.**

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email [work@hounslow.gov.uk](mailto:work@hounslow.gov.uk) or
- ▶ Visit [www.workhounslow.co.uk](http://www.workhounslow.co.uk)