

Painting for Wellbeing

020 8583 6000
courses@hounslow.gov.uk
www.hace.ac.uk

Progression Pathway

About the Course

The aim of this 10-week course is to use painting as a mindful and expressive practice to support emotional wellbeing and self-awareness. Participants will be encouraged to explore their creativity in a supportive, non-judgmental environment, focusing on the process of painting as a tool for relaxation, reflection, and personal growth. Through guided exercises and open-ended exploration, the course fosters a deeper connection to one's inner world and promotes a sense of calm, presence, and community. No prior painting experience is required.

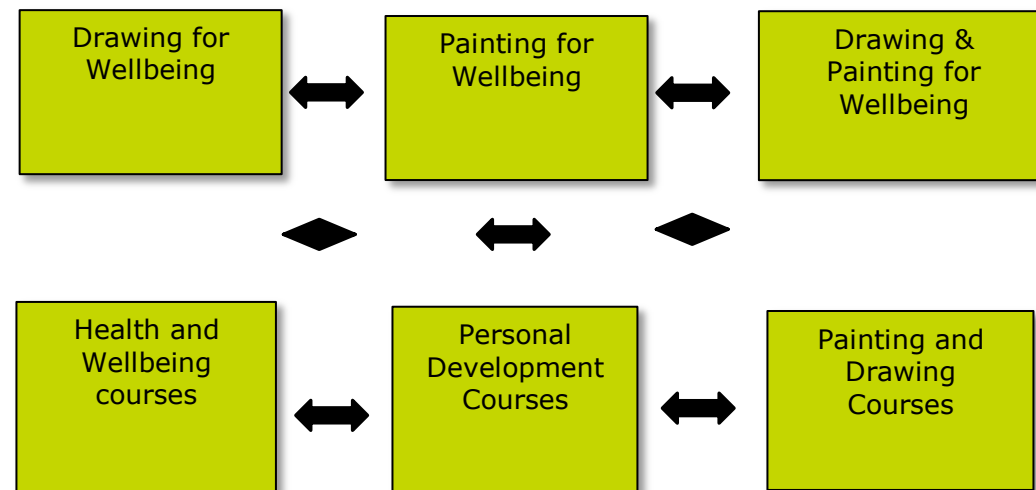
Course Learning Outcomes

1. Explore how creating art impacts your sense of wellbeing.
2. Complete a personal painting portfolio.

What is needed for this course: To successfully complete this course, you must commit to full attendance and punctuality. You will also be required to use basic digital skills throughout the course to access and support your learning materials

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.***



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 or