



CREATIVITY FOR WELLBEING

Delivered by SGS College at St Pauls Learning Centre in Bristol

SGS College offers fully funded Creativity for Wellbeing courses for anyone facing stress, anxiety, chronic pain, or major life changes. All abilities welcome, with expert support throughout.

Stained Glass Mosaics for Wellbeing

Immerse yourself in the therapeutic process of creating stained glass mosaics. This beginner-friendly course encourages you to:

- Relax and explore your creativity
- Work at your own pace in a supportive environment
- Design and create beautiful mosaic artwork using coloured stained glass

Starts Monday 22nd Sep 10:30am-12:30pm for 10 weeks

Or Wednesday 24th Sep 10:30am-12:30pm for 10 weeks

*Both at St Pauls Learning Centre £75.00**

Art for Wellbeing

Explore painting and drawing in a welcoming and relaxed setting. These tutor-led sessions are designed to promote:

- Learning and enjoyment through various mediums including watercolours, acrylics, pencil, and pastel
- Confidence in your own creative expression
- An understanding of sustainable practices in art

Starts Wednesday 24th Sep 10:00am-12:00pm for 10 weeks

*At St Pauls Learning Centre £75.00**

Our courses support wellbeing, creativity, and progression into further learning or work.

**Fee may reduce depending on eligibility for local funding support.*



ENROL TODAY!!

Scan the QR code to visit our website:

www.sgscol.ac.uk/study/adults

Need help?

✉ Email: @art@sgscol.ac.uk

☎ Call: 0800 0567 253

