

ART JOURNALING

Join Taryn on this 6-week course and learn to establish your own powerful self-care tool using colour, imagery, patterns and words.

Art journaling provides a unique and deeply personal space for expression, self-awareness and helpful reflection.

This course will explore the many benefits of creative journaling with weekly exercises and examples to help you:

- depict/express emotion
- navigate difficult situations
- harness the power of the creative and unconscious mind

You'll need to supply your own materials including a notebook, marker pen, coloured pens, glue stick, old magazines/books you're happy to cut up, as well as other optional craft supplies. More details and advice on this will be provided after you have booked.



**Starting Tuesday 18 May
11am-12pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing