



A 12-week Open Arts course alongside Occupational Therapy

which offers taster sessions in a variety of art techniques designed to help manage mental health and wellbeing.

No art experience is needed, just an interest to try something new

**At the Brentwood Resource Centre
on Wednesdays** starting in September

Places are limited so please contact Victory Imoisi v.imoisi@nhs.net to secure a place as soon as possible

For further information on the course please contact Jo Keay email: jo.keay1@nhs.net or call **07580 982 462**

www.openartsessex.org

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