

Introduction to Art for Wellbeing



Adult

On this course you will be able to work on a variety of projects including papercraft, painting, printing, textiles. It is delivered at The Liskerrett Centre, Liskeard.

The tutor will give you guidance to achieve your goals which you can adapt to make your own creations.

The Road to Wellbeing courses are relaxed and informal, enabling you to improve your wellbeing and mental health, building your self-confidence and self-esteem. Attending our classes is a great way of meeting new people, making friends and developing personal and vocational skills

Duration - 8-12 weeks - 1 day per week

You will be expected to attend each week.

Find out more about courses to support mental health and wellbeing



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS

Our courses are for anyone aged 19+ who is experiencing or recovering from mental ill-health.



LOCATION & NEXT START DATE(S)

Liskerrett Community Centre - As required
Liskerrett Community Centre - As required
Liskerrett Community Centre - As required



LEVEL

No Qualification

DURATION

8-12 weeks - 1 day per week

ATTENDANCE

Part-time

FEES

Tuition Fees: £0.00



**Find out more and
apply online**



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may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



**Find out more and
apply online**

