

THE PHOENIX PROJECT

A new visual art mental health and wellbeing programme providing a range of FREE, online and interactive workshops accessible from home. Participate in creative & engaging workshops delivered by contemporary artists that focuses on a series of themes such as:

Bereavement & Loss
Stress & Anxiety
Isolation & Depression
Employment

September workshop topics include:
drawing, photography, painting, horticulture,
visual storytelling & pottery.

To book a place on any of the workshops visit:

www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559

Or to find out more visit:

www.greenclose.org/the-phoenix-art-health-project

Recovery learning opportunities
that positively impact health and wellbeing

Delivered by Green Close in partnership with
Lancashire and South Cumbria (NHS) Foundation Trust

www.greenclose.org & www.lscft.nhs.uk/lancashire-recovery-college



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