

## Mindful Art Sessions

07  
Apr

⌚ 4pm to 5pm  
📍 2 Buckland's Wharf. [View map](#)

Mindful Art Sessions will take place every Tuesday from 4-5pm and will provide young people with the opportunity to unwind and express themselves through art using various artistic mediums with a different theme each week.

There will be an extra hour to allow for drop-in 1-2-1 support sessions with a trained Youth Support Worker from 5-6pm.

Young people do not need to sign up, just turn up and ask to join the session!

Feel free to get in touch if you have any questions, we are more than happy to speak to parents/carers, teachers, mental health professionals and young people directly about these sessions.

### Age range

#### Age of users

From 12 years to 25 years

### Organiser and contact details

#### Organiser

Richmond Borough Mind

#### Email address

[youth.service@rbmind.org](mailto:youth.service@rbmind.org)

### Costs

#### Costs

Free

### Event repeats

#### Repeats

This event repeats on the following dates:

- 7Apr
- 14Apr
- 21Apr
- 28Apr
- 5May
- 12May
- 19May
- 26May

### Accessibility

#### Accessible building

Yes

#### Accessible toilets

Yes

#### Parking facilities

N/A

#### Dietary needs catered for

N/A

**Staff have specialist training**

N/A

## Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Mindful Art Sessions' is taking place on 07 April 2026.

## Location map