

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

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

We can remind you about this event

Please create an account or login to set up reminders for this event.

Location map