



arts
and
minds

Art Explorers in East Cambs

A series of mindful journeys with art and creativity

Upcoming workshops:

Virtual workshop - Keith Haring and the Art of Doodling
(join via Zoom), 25th October 6:30pm - 8:30pm

This online session explores the art of doodling and its positive impact on mental health.

Patterns & Stories - The Kite Trust (Ely), 26th October
7pm - 9pm

For young people aged 18 - 24. This session is designed for young people to explore cultures and traditions through pattern making.

To book your place/s on up to two workshops
visit: bit.ly/art-explorers

For more information email
admin@artsandminds.org.uk or
call 07803 300135

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