

## CREATIVE COMMUNITIES: TYWI VALLEY 2022

Arts Care Gofal Celf bringing professionally led art workshops to adults recovering from mental ill-health

## All Thursdays 1-3pm

## In Llandeilo Civic Hall 3rd February - Wire and bead creations

In <u>Llangadog Community Hall</u> 20th January- Wire and bead dreamcatchers 27th January- Macrame leaf hangers 17th February- Wildlife illustration 24th February - Watercolour painting 24th March- Ceramics/ pottery 31st March- Yoga TBC

In Llandovery 3rd March - TBC

In Ammanford 7th April - TBC

## **Booking essential:**

email: rachel@acgc.co.uk or leave a message on 01267 243815

FREE CREATIVE WORKSHOPS SUPPORTING WELLBEING WITH ACGC



Cyngor Celfyddydau Cymru Arts Council of Wales







States NHSS WALLS