

Reaching Wider ART FOR WELLBEING

£ FREE COURSE

Come and join us for a FREE, uplifting 6-week course for adults designed to introduce you to a range of artistic activities that can help you regulate your emotions, nurture your creativity and encourage self-expression. Each week will explore a different topic from drawing and colour work to mindful mixed-media projects. No previous experience is needed and all equipment will be provided. The focus will be on fun and relaxation, not perfection. By the end of the course participants will have gained confidence, reduced stress and discovered the therapeutic benefits of making art. All materials will be supplied.

For people aged over 18 without a degree level qualification

Date: Thursday 16th April 2026

Time: 1:30pm - 3:30pm

**Location: Dowlais Community Centre,
Merthyr Tydfil CF48 3LP**

FOR MORE INFORMATION OR TO BOOK:

E-mail: reachingwider@southwales.ac.uk

<https://forms.office.com/e/4HKZqCpNr7>



YMESTYN YN EHANGACH
REACHING WIDER



Ymestyn yn Ehangach

CELFER LLES

£ Cwrs am ddim

Dewch i ymuno â ni ar gyfer cwrs 8 wythnos AM DDIM, dyrchafol i oedolion sydd wedi'i gynllunio i'ch cyflwyno i ystod o weithgareddau artistig a all eich helpu i reoleiddio'ch emosiynau, meithrin eich creadigrwydd ac annog hunanfyneiant.

Bydd pob wythnos yn archwilio pwnc gwahanol o waith lluniadu a lliw i brosiectau cyfryngau cymysg ymwybodol. Nid oes angen unrhyw brofiad blaenorol a bydd yr holl offer yn cael ei ddarparu. Bydd y ffocws ar hwyl ac ymlacio, nid perffeithrwydd. Erbyn diwedd y cwrs, bydd cyfranogwyr wedi ennill hyder, lleihau straen, a darganfod manteision therapiwtig gwneud celf. Bydd yr holl ddeunyddiau'n cael eu cyflenwi
I bobl dros 18 oed heb gymhwyster lefel gradd.

Dyddiad: Dydd Iau 16eg Ebrill 2026

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AM FWY O WYBODAETH NEU I ARCHEBU:

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