

11th Jan - 5th April 2019

Friday 10.30am-12 noon

Coffee Morning

a weekly taster studio session

This is an introductory studio space in which you can try out for yourself, to experience what it's like being in a free and open art studio. Beginners are most welcome. Each week different media will be introduced (water colour, pastels, oil paint, clay sculpture, etc.).

£5 / session (incl. refreshment) or £2 for refreshments only



Gift Vouchers are available from £15

7th Jan - 2nd April 2019

Monday & Tuesday 2-5pm

Open Studio Practice

This is an open studio space for you to pursue your own artistic process. The group is facilitated by one or two therapeutic art practitioners, who are available to support the participants artistically, technically and - if needs be - emotionally. The emphasis, however, is on the members to develop their own work, in a supportive and social environment. This is a particularly good space in which to develop a theme or a body of work over a period of time. There is the possibility, if you wish, to share and review your work in the social context.

Cost: £7/hour, or £18 for a 3-hour session



Imagine is grateful for the support received from The Association for the Promotion of Artistic Therapy

Imagine is a Therapeutic Arts project

The community-based studio offers a safe space where creativity can be used as a powerful tool for furthering self-confidence, health and wellbeing. It is currently run by:

Hisako Simon

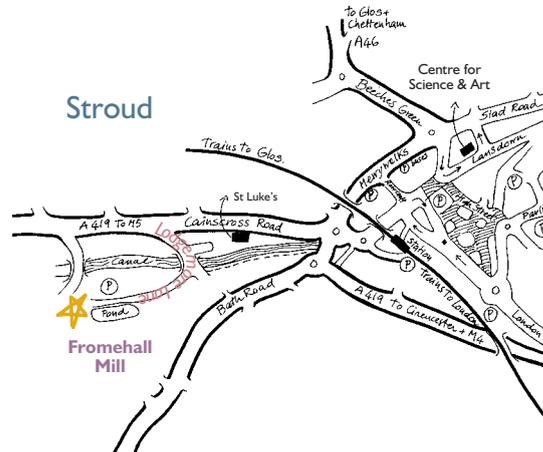
Through my Anthroposophic training in sculpture and art therapy, I realised that engaging in artistic processes was a way towards encountering our own inner selves. On my journey I found that similar forms kept appearing which revealed aspects of my being, and I believe when we meet them with a sincere heart they open new dimensions to who we really are.

Laura Ridolfi

Trained in Anthroposophic art therapy, I feel that our creativity helps us to deal with the unexpected, to find meaning in our lives and the inner resources to change and grow. I see life as a journey, where the outer and the inner path interweave; art helps me to enjoy this journey: mindful in the process, I leave the destination open to the imagination.

Imagine Studios are also available to hire, please enquire for details of times/costs:

room_hire@imagine-therapeutic-arts.co.uk



imagine therapeutic arts

Unit 2, Block 2, Fromehall Mill Lodgemore Lane, Stroud GL5 3EH

01453 767059 • 07762 704738

www.imagine-therapeutic-arts.co.uk info@imagine-therapeutic-arts.co.uk

“What art offers is space - a certain breathing room for the spirit”

John Updike

Winter & Spring 2019

imagine therapeutic arts



www.imagine-therapeutic-arts.co.uk



Welcome to Imagine Community Studios

Right in the heart of Stroud mill heritage, between the canal and the river, Imagine Therapeutic Arts has developed further as a community project within the premises of Fromehall Mill.

Since 2009 we continue to offer an accessible and supportive studio space in which each member can explore and develop their creativity within a social environment.

Basic art materials (watercolours, oils, acrylics, pastels, charcoal, clay and many others) are provided and **no previous artistic experience is required** to join the studio and enjoy any of our sessions:

- **Open Studio Practice**
Monday & Tuesday, 2-5pm
- **Theme-based Groups**
Tuesday morning, 10am-12.30pm
Wednesday morning, 10am-12.30pm
Thursday evening, 7-9pm
- **Art Club for children & young people**
Thursday afternoon, 4.15-5.45pm
- **Workshops**
See inside for current dates and info
- **Individual Therapy**
Please, contact us for further details
- **Coffee Morning**
Friday 10.30-12noon

Supporting our work

The income we generate is used to cover the running costs of the studio (rent, art materials, publicity, refreshments, etc.), while most of the work is done on a voluntary basis. Over the years, part of the money we have received as gift has been used to create *Imagine's Bursary Fund*, to support the attendance of people who have limited financial resources. For this reason, any 'one-off' or 'regular' donation makes a tremendous difference to us.

Call for more information: 01453 767059
Or, please send a cheque to:
Imagine Therapeutic Arts
Block 2, Unit 2, Fromehall Mill
Lodgemore Lane, Stroud GL5 3EH.