EXPRESS • CONNECT • CREATE • GROW

Godalming youth service

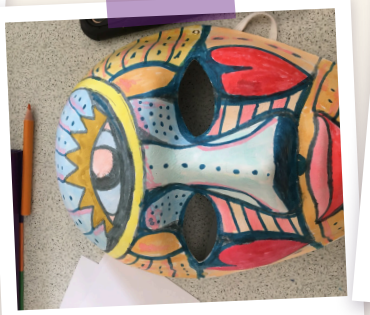
# Creative Arts Wellbeing Sessions

*A safe, creative space to express yourself*

**ALL ART MADE BY OUR YOUNG PEOPLE**
*No previous experience needed*


Painted fish


Upcycled vinyl


Our mask designs


Painted shells


Seaside sign


Drawing wall


Spray-paint sunset


Painted plant pots

| **Visual art** | **Music** | **Movement** | **Drama** | **Writing** |
|---|---|---|---|---|
| Painting, sculpture, drawing | Singing, rhythm, songwriting | Dance, body awareness | Voice, role play, storytelling | Illustrating, poetry, reflection |

**Support your wellbeing • Connect with others • Explore your feelings**
**Build confidence • Find your voice**

*...whilst having fun!*

**Want to join? Contact Jane to sign up.**
New groups start throughout the year, so ask about the next intake.

| | |
|---|---|
| **When** | **Thursdays, 3:00pm to 5:00pm** |
| **Who** | Secondary-aged young people of all abilities |
| **Sign up** | Contact **Jane**, Godalming Youth Service |
| **Email** | **youthsupport@godalming-tc.gov.uk** |

*"I'm really pleased with my drawing. I persisted, and at last it is finished."*

Young person, summer 2026

These are creative youth work sessions, not therapy or a clinical service.
If you're worried about your mental health, speak to your GP or ask us about further support.