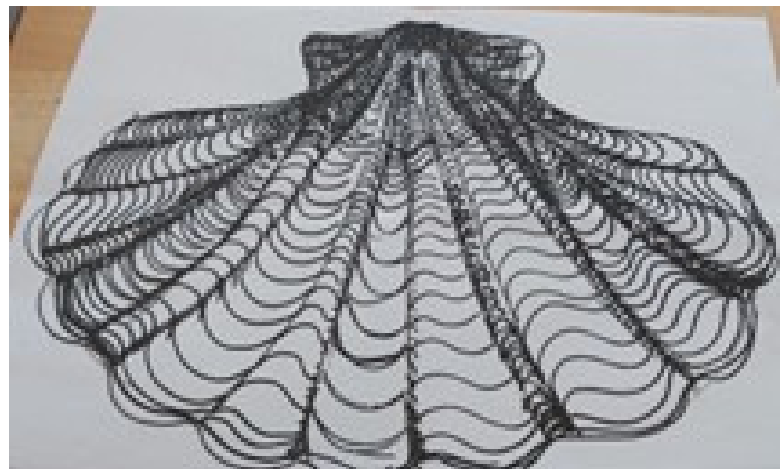


Therapeutic Doodle Art: Express Yourself

Where: WEA, Phoenix House,
King Street, Leicester, LE1 6RN
When: Thursday 16th April 2026
How long: 1 session
Time: 12.30pm - 3pm
Reference: Q00026296
Cost: Funding Available

This short creative workshop offers a refreshing blend of relaxation, self-expression, and social connection. Designed for community groups, friendship circles, wellbeing programmes, and organisations looking to bring people together, this session provides a calm and friendly space where anyone can enjoy making art—no skills required. Using simple tools and guided prompts, participants explore doodling techniques, repetitive pattern-making, and expressive mark-making that encourage creative flow without pressure or perfection.

Start your journey



Find out more:

**Simply visit thewea.info/ExpressYourself
or call 01332 002193**



Scan this QR code to
book online, using a
smartphone or tablet.



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