

Exploring Your Cancer Journey Through Art

Art can be a really great way to use your imagination, express yourself and learn more about yourself.

This **free** workshop will help you discover how art can be therapeutic with the opportunity to try out different experimental exercises using materials such as crayons, paint and clay, all in a supportive environment.

Who is it for?

People who have had a diagnosis of cancer – no specific artistic skills are necessary.

How long is it?

1-day workshop

What will I get out of it?

The opportunity to develop your creative side and to learn more about yourself through your own art.

How do I find out more?

For more information about how to get involved, please contact learning@macmillan.org.uk . Your enquiry will be forwarded to your local Learning and Development team for their attention.

www.macmillan.org.uk/learnzone

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).