

# Studio Programme

## Jan to Mar 2026

hello@malvernarttherapy.co.uk  
www.malvernarttherapy.co.uk

### What does it cost?

#### Regular groups

price per session  
Low income £5  
Actual cost £10  
Pay it forward £15

#### Artist-led & short courses

price per session  
Low income £10  
Actual cost £15  
Pay it forward £20

Paying what you can helps us keep prices low for everyone.

## Mondays



A gentle, sociable, creative start to the week with resident Artist, Lynda Whitehouse

Drawing, mark making, printing - suitable for all

Drop-in.  
No need to book

Term-time mornings  
10am - 12:30pm  
starts 12<sup>th</sup> January

Prices start  
£10

Art materials  
& hot drinks  
included

## Tuesdays



No-pressure, self-directed artmaking sessions for young adults who find socialising comes with a lot of anxiety.

People in their 20s who are neurodivergent, have experienced trauma, and who are exploring gender expression are welcome.

Contact us for details and a visit to the studio.

Prices start  
£5

## Thursdays



### Art & Soul

Thursday evenings  
starts 29th January  
Email for more details

A 6-week evening course for adults who want to make time to explore thoughts and feelings through the use of images and art materials

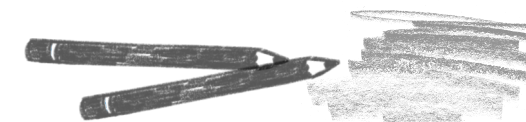
Prices start  
£10

## Saturday mornings 10am to 1pm

### Saturday Open Studio

A space to work on your own projects or start something new. Guidance on-hand.

Prices start  
£5



Every Saturday, except

### Anxiety Art

Last Saturday  
of the month



CAFÉ

Run by and for people who get anxious in groups

Prices start  
£5

## Saturday afternoons

### ZINE MAKING WORKSHOPS



Sat 7<sup>th</sup> February  
Sat 14<sup>th</sup> March  
2pm-5pm

Drop-in.  
No need to book

Prices start  
£5



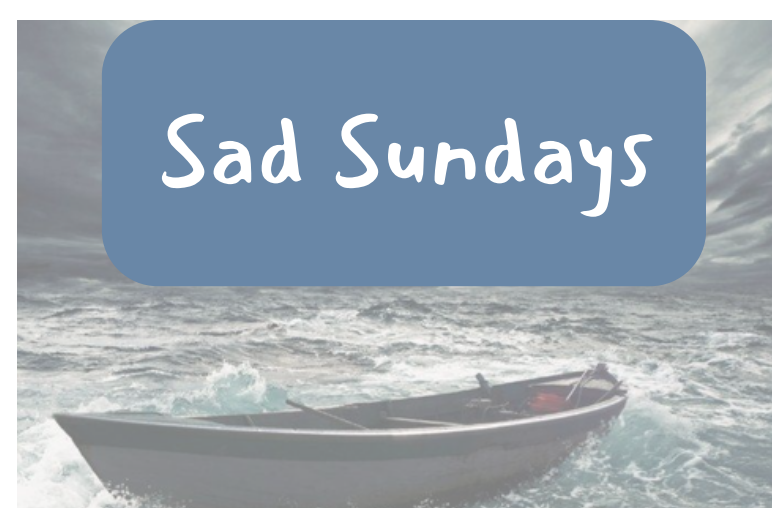
Prices start  
£5

Sat 28<sup>th</sup> February  
Sat 28<sup>th</sup> March  
2pm-4pm

### Origami

Workshops with Alec  
@okaorigami

## Sunday afternoons



### Sad Sundays

A gentle, creative group to explore feelings that come with grief and loss. A person, a relationship, beloved pet, a former version of yourself. Guidance, starting points and themes are offered.

Please email to book

Prices start  
£5

25<sup>th</sup> January  
1<sup>st</sup> March  
29<sup>th</sup> March



Please contact us about private Art Psychotherapy, including subsidy if you are on a low income

The studio is available to artists, therapists and community groups for hire in evenings and weekends