



# Art Jam

An Art Jam is a once off painting session where all the materials are provided and the participants get to explore their creative side in a fun environment. It gives non artist adults a platform to express themselves in full colour.

The idea behind Art Jam is that everyone is creative, everyone is an artist, and while some mediums work better for some than others, everyone has creativity inside them. The basis for art jam is that it gives people space to explore that creative side in a fun setting, while also giving them space to switch off and tune into their own sub-conscious. Creative activity both stills and stimulates the mind, it creates a space for self-awareness to occur and without self-awareness there can be no change.



## Fact File:

**Numbers:** 12+ participants

**Duration:** Approx 1.5 hours per group

### Additional Information:

Gives people the chance for unprompted, unconscious, intuitive expression.

**Benefits:** Creative, Good Ice Breaker, Fun Setting, Therapeutic and Relaxing, Non Physical

**CONTACT US!**

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