

Song Writing for wellbeing



Boost your mental health with our
FREE online song writing course

Thursdays 7-8.30pm
9 Monthly sessions
starting 10 April



Feeling low? Put a song in your heart. Better still write one!



Join experienced musician Martin Riley and learn creative ways to manage stress and improve your mental health, no experience needed. These fun sessions offer a supportive environment for adults seeking creative coping strategies, especially those experiencing low mood or mild mental health challenges.

What you'll learn ...

- How song writing can enhance Wellbeing
- How to contribute to songwriting through lyrics and music.
- Song structure and effective writing practices.
- Skills to write impactful, engaging songs.
- Basic computer sequencing, track layering, and rhythm selection.
- Ways to perform and share your songs.

9 monthly online sessions and 3 in person sessions at:

**The Benn Partnership Centre,
Rugby, CV21 3HR**

Thursday 26 June, 3 July 7-8.30pm

Life Church, Leamington, CV31 3EB,
(performance) 7 July 7-9pm



Book Now:
www.artsuplift.co.uk/creative-wellbeing-courses

For further information email Beth
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or call Beth on 01926 504212

