

Parents & Carers therapeutic art session

Event: Light Up for Inclusion – Creative Workshop for SEN Parents*

***Date:** Thursday, 12th December 2024

***Time:** 10:00 AM – 12:00 PM

***Location:** Fullwell Cross Library, Hainault Room



About the Event*

Join us for a *free creative workshop tailored for SEN parents, launching the **Soul Studio** initiative as part of the **Light Up for Inclusion** campaign*. This monthly series offers well-being and creative workshops designed to foster connection, relaxation, and self-expression in a supportive environment.

What to Expect*

- ***Creative Exploration***: Discover printmaking techniques to design personalised tote bags and scarves, inspired by the theme of inclusion and artistic expression.
- ***Artistic Inspiration***: Draw from the works of celebrated artists and the values of inclusion to create meaningful art pieces.
- ***Relaxation & Connection***: Unwind with tea, coffee, and snacks in a therapeutic and social setting, connecting with fellow SEN parents.
- ***Guided Expertise***: Led by **Elijah Qureshi**, an experienced art educator, artist, and SEN mum, this session offers a unique understanding of the SEN parenting journey.

Why Attend?

This workshop offers SEN parents a chance to:

- Create and express themselves through art.
- Build connections with others on a similar journey.
- Celebrate **Light Up for Inclusion**, **International Day of Persons with Disabilities**, and **Disability History Month**.

It's a space to recharge, socialise, and celebrate the resilience, creativity, and strength of SEN families while fostering a sense of community.

- ***Cost***: Free
- ***Capacity***: Limited to 20 participants (book early to secure your spot!)
- ***Booking***: Reserve your place through **EPT**.



This initiative is funded by **Leading Redbridge** through our nonprofit center, **Art for Artists CIC (AFORA)**. It highlights the vital role organisations like **EPT** play in educating and supporting SEN parents and their families.

