



**SPIDER ARTS**

Scottish Charity: SC049535



# Spring Connect & Create Arts Therapy Group

**For Adults 18+**

**Every Tuesday, 2.00-4.00pm**

**Block 1: 24<sup>th</sup> February - 21<sup>st</sup> April 2026**

**The Hidden Gardens: Boilerhouse  
25A Albert Drive, Glasgow  
G41 2PE**



Spider Arts are offering a **FREE** 8 week block of creative arts therapies including Dramatherapy and Arts Psychotherapy for adults.

Creative arts therapies are helpful when words aren't enough and can help us to unlock and express challenging emotions. The sessions will explore story, myth, movement and art making in a safe and supportive environment.

Sessions will be held at the Boilerhouse studio, situated within The Hidden Gardens and will be delivered by HCPC registered Art and Dramatherapists experienced in supporting groups on their journey to self-expression. Using a person centred approach, the therapists will facilitate an open and non-judgemental creative space for group members to focus on their wellbeing or work through challenges they may be facing.

Fully funded by:



**To sign up, please scan the QR code**

**For more info, please contact:**

fiona@spiderarts.co.uk - 07905 226 335 - [www.spiderarts.co.uk](http://www.spiderarts.co.uk)





**SPIDER ARTS**

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*Summer*

# Connect & Create Arts Therapy Group

**For Adults 18+**

**Every Tuesday, 2.00-4.00pm**

**Block 2: 12<sup>th</sup> May - 30<sup>th</sup> June 2026**

**The Hidden Gardens: Boilerhouse  
25A Albert Drive, Glasgow  
G41 2PE**



the hidden gardens

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**SPIDER ARTS**

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*Autumn*

# Connect & Create Arts Therapy Group

**For Adults 18+**

**Every Tuesday, 2.00-4.00pm**

**Block 3: 11<sup>th</sup> August - 29<sup>th</sup> September 2026**

**The Hidden Gardens: Boilerhouse  
25A Albert Drive, Glasgow  
G41 2PE**



the hidden gardens

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# Winter Connect & Create Arts Therapy Group

**For Adults 18+**

**Every Tuesday, 2.00-4.00pm**

**Block 4: 20<sup>th</sup> October - 8<sup>th</sup> December 2026**

**The Hidden Gardens: Boilerhouse  
25A Albert Drive, Glasgow  
G41 2PE**



Spider Arts are offering a **FREE** 8 week block of creative arts therapies including Dramatherapy and Arts Psychotherapy for adults.

Creative arts therapies are helpful when words aren't enough and can help us to unlock and express challenging emotions. The sessions will explore story, myth, movement and art making in a safe and supportive environment.

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