The Alma Project

The Alma Project is a mental health charity that aims to improve mental health and well-being through the therapeutic use of the arts.

Groups are free, but you will need to ask a support worker, GP or other health professional to fill in our referral form.

Our groups and activities vary, but we usually have art groups, creative writing, music, drama and a craft or theme-based group.

We are based at Craighentinny Community Centre, 9 Loaning Road, Edinburgh EH7 6JE

Please contact us for more information:
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SC046127