

Art Therapy



Art Therapy reduces anxiety in children and adults by encouraging mindfulness and creativity. The use of art materials and the act of creativity can stop cycles of repetitive thought and worry, calm down the body and subsequently, the mind.

By participating in this workshop parents and caregivers can expect to:

- Gain some insight into your child's anxiety
- See your child explore anxiety in a positive light
- Strengthen your relationship with your child through the shared experience of Art Therapy
- Learn several Art Therapy techniques that you and your child can complete together at home

Date: Tuesdays 19, 26 May 2 June 2020
(participants must complete all 3 sessions)

Time: 9.00am to 10.30am

Venue: Online

To register: Email: parenting@communicare.org.au or **Phone:** 9251 5777

Please note that you will need to access the internet and will need both audio and video connection. Please be aware that this will use your data.

Supported by: