

Art therapy workshop series



The C.A.R.E. Program will be offering four different virtual art therapy workshops using WebEx. The descriptions, meeting dates, and times are listed below. The cost of the class includes the weekly instruction by Kelly Darke, ATR-BC, M.Ed., BFA, and supplies listed with each series. All supplies will be mailed to the address listed in your registration form. **Registration is limited to 15 participants and required at least 2 weeks prior to first workshop meeting date.**

Registration and payment can be done on the website: www.henryford.com/caregiverwellness

The cost for each workshop series is \$15.

Questions or assistance with registration, call 866.574.7530 or email: CaregiverResources@hfhs.org

Altered book focused on your growth in the new year

January 25, February 1, 8, & 15
12 - 1 p.m.

The new year is always a good time to evaluate our intentions and look for ways we can grow into the person we want to be. In this four-week art therapy workshop, we will be learning techniques to create an altered book around the theme of growth.

The supplies that will be mailed to you for this class: a hardcover book to be deconstructed, glue sticks, misc. papers, stickers, colored pencils, markers and miscellaneous craft pieces.

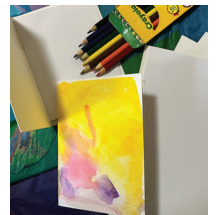


Journaling on gratitude

April 5, 12, & 19
12 - 1 p.m.

In this three-week art therapy workshop, we will use journaling as a gratitude practice. Practicing gratitude and journaling both help reduce anxiety and improve empathy.

The supplies that will be mailed to you for this class: paper for handmade journal, colored pencils, watercolor paints.



Beaded bracelet on self-compassion

March 1, 8, 15, & 22
12 - 1 p.m.

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend." Kristen Neff. In this four-week art therapy workshop, we will be focusing on the elements of self-compassion and putting it into practice.

The supplies that will be mailed to you for this class: jewelry box, beads, stretchy cord, pencils, markers, tissue paper and glue stick.



Painting on canvas for self-awareness

May 3, 10, & 17
12 - 1 p.m.

Developing a strong sense of self-awareness can help us improve our relationship with ourselves and regulate our emotions. During this three-week art therapy workshop, we will use painting and mindfulness to strengthen our self-awareness.

The supplies that will be mailed to you for this class: watercolor paints, 8" x 10" canvas boards, colored pencils and emotional color wheel template.

