



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

ART THERAPY (A CREATIVE FOCUS ON MENTAL WELLBEING)

Art Therapy is a form of expressive therapy that allows the individual to explore self-expression of their thoughts and feelings through a creative process. It provides a safe, and comfortable environment for raising unconscious issues with a focus on sensation, practical experience and awareness to help improve mental and emotional wellbeing. No art experience is needed.

The approach is psychotherapeutic in which a person uses art materials, and the process of art making to explore feelings, thoughts and memories, reconcile emotional conflicts, increase self awareness, reduce anxiety, increase self esteem and self awareness. The emphasis is on the creative process and the meaning that a person is making of it, rather than on the final product. The language of art is based on the assumption that images and symbols can help us to understand ourselves and improve life through self expression. Though there is no pressure to tell your deep personal story, participants are encouraged to share thoughts and feelings around the art pieces that they create and this is accepted as part of the healing journey.

- DATE** Every Monday, 6th May
to 1st July
* no group on 3/6
- TIME** 6:30pm - 8:30pm (8 sessions)
- VENUE** Kumeu Arts Centre,
300 Main Rd, Huapai, Kumeu
- COST** \$105

**FREE WITH A DOCTOR OR HEALTH
PROFESSIONAL'S REFERRAL**

(Valid for 1 year for up to 2 groups per term).

FREE

**WITH A DOCTOR
OR HEALTH
PROFESSIONAL'S
REFERRAL**



ABOUT SALLY LEGG

(AThR, MAAT Clinical, MANZATA)

Sally has been practicing as a Registered Clinical Arts Therapist since 2007, working in areas such as mental health & the wellness sector, disability, stroke, epilepsy, ASD, with children, women, older people, youth at risk, in forensic settings and in rape crisis. She enjoys group work, using multi modal approaches, and has designed programmes for the YMCA, Youth Justice and for Hearts & Minds.



For more information and
registration, please contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz