



Hearts & Minds

PEOPLE • FAMILIES • COMMUNITIES

ART THERAPY

Art Therapy is a form of expressive therapy that allows the individual to explore their thoughts and feelings through the creative process. In its essence, Art Therapy lends itself beautifully to uncovering emotional conflict, slowing down a 'busy mind', and calming anxious thoughts without the use of spoken words. The Art Therapy approach is also not reliant on you being artistic or having to produce a masterpiece – it is simply the process of creating that has been proven to increase mental wellbeing.

In this group, our experienced and well-qualified facilitator Wendy Lawson will confidently guide you in connecting with your own internal processes and with others in the group. Although there is no expectation for you to reveal difficult parts of your life experiences, you will be encouraged to partake in the group process by sharing your thoughts and feelings.

LIMITED PLACES

Early enrolment is essential.

- DATE** Every Tuesday, 6th August to 24th September
* no session 10/9
- TIME** 12:30pm - 2:30pm (7 sessions)
- VENUE** Hearts & Minds Hub,
65 Pearn Crescent, Northcote
- COST** \$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

(Valid for 1 year for 1 group per term).



ABOUT WENDY LAWSON

(BFA(Hons), MAAT(Clinical)(Hons), AThR, ANZACATA)

Wendy is a practicing Artist and Registered Clinical Arts Therapist. She enjoys working with groups and individuals in the community and is a member of the arts therapy faculty at Auckland's Whitecliffe College — working alongside students to realise their potential in creative therapeutic practice.

Wendy believes that engagement in arts therapy is an opportunity to better know your-self, and to stretch and grow from the inside out. Her approach is playful, person-centred and multi modal, establishing a safe and supportive environment that is open to the art making experience and all its possibilities.

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To register contact
Hearts & Minds

PHONE 09 441 8989

E-MAIL learning@heartsandminds.org.nz

WEB www.heartsandminds.org.nz