

ARTTLINGS THERAPEUTIC ART

Are you ready to go on an exciting journey of
creativity and self-discovery?

HEY THERE!



- ✓ Do you sometimes find it hard to find the right words to explain how you feel to friends and family?
- ✓ Do you have a lot of big emotions like sadness, anger or frustrations you cannot seem to control?
- ✓ Are you facing stress and anxiety and don't know how to cope?
- ✓ Do you love art and want to try making new stuff using different art materials and methods?



For CHILDREN

AGE 7 TO 12

WHAT IS THERAPEUTIC ART?

Therapeutic art is like going on a magical adventure where you get to express yourself freely, have fun, and learn cool things about yourself along the way!

It is also a safe place where you use your imagination and creativity to make art and using the creative process to understand your feelings, thoughts and behavior better.

IF **YES**, COME TRY OUT
A THERAPEUTIC ART
SESSION TODAY!



WWW.ARTTLINGS.COM

WE ASPIRE TO INSPIRE