

**STARTING
OCTOBER
2020**

5-7yrs
8-10yrs
11-12yrs
13-16yrs

FREE ONLINE
art
THERAPY

You do not need to be good at art
to engage in Art Therapy

Designed for
children going
through a
difficult time,
particularly
illness or loss of
a family member

BENEFITS:

- Express emotions through art
- Improve self-awareness
- Reduce feelings of stress and anxiety
- Improve communication skills
- Boost self-esteem

For more information:

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