

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 Sally Legg 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 Thursday, 8th August to 26rd September
- TIME** 6:30pm - 8:30pm (8 sessions)
- VENUE** Corbans Estate,
426 Great North Rd, Henderson
- COST** \$105

FREE WITH A DOCTOR OR HEALTH PROFESSIONAL'S REFERRAL

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

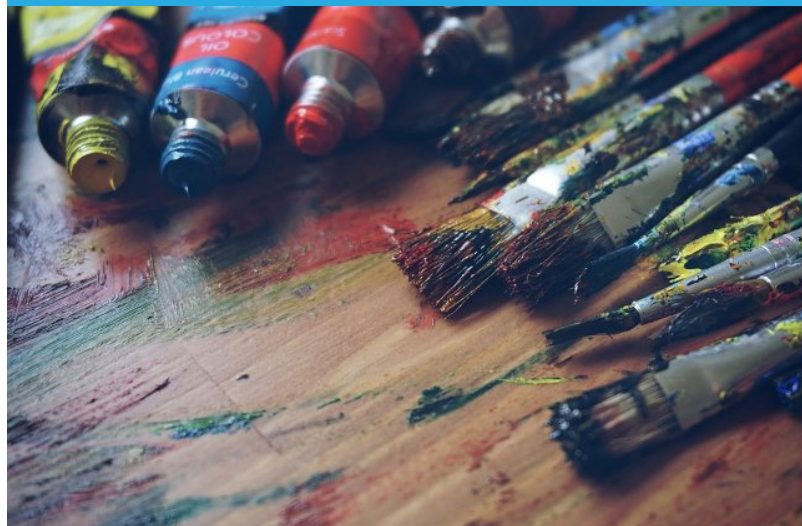


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ABOUT SALLY LEGG

(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.



To register contact
Hearts & Minds

- PHONE** 09 441 8989
- E-MAIL** learning@heartsandminds.org.nz
- WEB** www.heartsandminds.org.nz