



Art Therapy Workshop For Women

Thursdays, 14 May – 25 June, 1.30-3pm

Facilitated by Kathy Ross & Helena Lewis, Integrative Arts Psychotherapists

Do you want to make a change in your life?

Are you juggling different pressures and wanting to find a balance?

Would you benefit from creative expression and personal development?

These workshops can help you:

- Reduce stress and anxiety
- Feel calmer and more settled
- Manage and adapt to change
- Develop coping strategies
- Handle challenge constructively
- Feel more energised

Each week you will create art images on different themes. You will use a range of art materials and have the opportunity for reflection and discussion. All materials are provided.

No previous art experience or expertise is required.

Where: Northfields Community Centre, W13
When: Thursdays, 14 May – 25 June, 1.30-3pm,
(Tea and coffee available from 1.15pm)

Cost: £20 per session,
or £100 for block of 6 sessions

For more details or to book contact:

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