



Art Therapy

You are invited to this restorative session to boost energy, exercise cognitive function, enhance observational skills, and relieve stress. All levels welcome

This workshop is designed to get your creative juices flowing.

You will be introduced to artistic tricks such as building up contrast, constructing 3D effects, and creative visualization techniques.

With expert guidance and live demonstration, you will gain some insights into the foundations of composing your own image and artwork.

Basic art materials required include graphite pencil or color pencils, eraser, sharpener, and paper watercolor, acrylics, charcoal, and pastels.

Benefits for the mental and cognitive function:

- Art creation can help clear up the headspace - allowing you to momentarily forget the day's stress, give the brain a break and dive deep into a creative meditative-like state.
- Making art stimulates the imagination and encourages out-of-the-box thinking, which can enhance problem-solving skills, improve storytelling, and increase neuroplasticity.