



Autism Personal Coach Presents Art Therapy Group

**June 12, 2016
2:00pm to 4:00 pm**

**Panera Bread
5090 Tiedeman Road
Cleveland, Ohio 44144**

**Cost for Session is \$ 10.00 for materials
*Pay upon Arrival**

**RSVP to Autismpersonalcoach@yahoo.com
Or call (216)336-5889**

What is Art Therapy?

Art Therapy is the creative expression that can give people valuable tools that give voice to their emotional experiences, move beyond personal boundaries toward understanding, and greater self esteem. This art process will provide self-discovery through creative work which may be liberating, as you are encouraged to create whatever comes to your mind and follow your own artistic and emotional instincts. **Technical skill is irrelevant**; the value in art therapy comes not from a visually impressive finished product, but from the creative process and intent.

This Month's Group

You will choose one word that is your focus, goal, and mantra. To choose your word we will take some time to meditate and think about where your life is, how you hope for things, and what you need to add, change, or let go of to move closer to your dream.

Then we will use a variety of materials (magazines, pencils, markers, pastels, words, etc) to create a piece of art about your word. After we complete our art there will be some time to share our experience and the works in which you've created.

