



H - HOLISTIC SUPPORT / O - OUTREACH SERVICES / P - PROGRAMS WITH COMPASSION / E - EDUCATIONAL RESOURCES

Dear Client,

My name is Jessica and I am new to the HOPE support team. I am currently offering one to one sessions as a student with the Vancouver Art Therapy Institute (VATI). Through VATI I have learned and practiced art therapy techniques and theories and am now beginning field practice to apply what I have learned.

What is  Art therapy ?
creativity • positivity • relaxation

- A combination of creative art expression with models of counselling and psychotherapy.
- An opportunity to explore personal current or potential concerns, resolve conflicts, explore strengths and facilitate self-awareness through the use of art.
- A form of expressive therapy that is based on the conviction that making art, being creative, and utilizing creative processes in a safe therapeutic setting can be healing.
- A way to communicate emotions where the spoken word cannot.

What would an Art Therapy session look like?

The room will be set up with basic art supplies such as markers, crayons, acrylic paint, brushes and non-firing clay. The set up of sessions will vary from client to client, depending on what each individual would like to do. Some may want to create art freely, and others may feel more comfortable with directives such as “create a self portrait”. The session is your own.

If interested fill in the information below and deliver to the support team at HOPE or contact us directly through email or phone.

Name: _____ Phone: _____

Email: _____

Availability:

Monday: 9-10am ___ 10-11am ___ 11am-12pm ___ 12-1pm ___ 1-2pm ___ 2-3pm ___ 3-4pm ___

Tuesday: 9-10am ___ 10-11am ___ 11am-12pm ___ 12-1pm ___ 1-2pm ___ 2-3pm ___ 3-4pm ___

Wednesday: 9-10am ___ 10-11am ___ 11am-12pm ___ 12-1pm ___ 1-2pm ___ 2-3pm ___ 3-4pm ___

Contact Information

Call: (226) 721-5901

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