



What is Creative Arts Therapy?

Creative Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being.

The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.

Art therapy can achieve different things for different people. It can be used for healing, rehabilitation, and in the broad sense of the term, it can be used to massage one's inner-self in a way that may provide the individual with a deeper understanding of him or herself.

Just B-cause
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Just  cause

Creatively crafted by

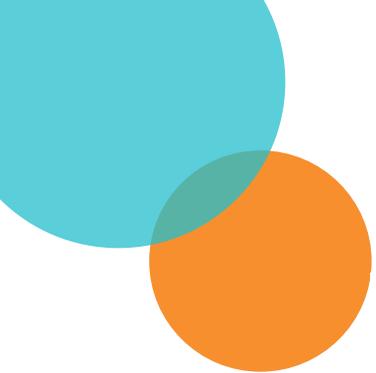
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About Me

A few years ago life threw a curve ball and I started having major panic/anxiety attacks. During this time I learned about “self-care”, a totally new term to me, and was encouraged to spend time each day doing something I enjoyed to alleviate the attacks. I turned to arts and crafts. I learned that when ones hands are busy the mind becomes involved with what the hands are doing and for a period of time finds a form of calm...peace.

I utilized and developed this knowledge even more when I found myself caring for an aging parent. Soon, others were turning to me to share the skills I had developed along the way. I started hosting small workshops, sharing my journey and encouraging others to share theirs. Through this process we find strength, knowledge and companionship.

Types of Classes

Card making classes - utilizing the following techniques:

- *Stamping-coloring with inks, markers*
- *Flower shaping*
- *Paper Tole*
- *Embroidery/Cross Stitch*
- *Iris Folding*
- *Paper Piercing*
- *Quilling*

Scrapbooking classes – utilizing the following techniques:

- *Stamping-coloring with inks, markers*
- *Flower shaping*
- *Paper Tole*
- *Embroidery/Cross Stitch*
- *Iris Folding*
- *Paper Piercing*
- *Quilling*

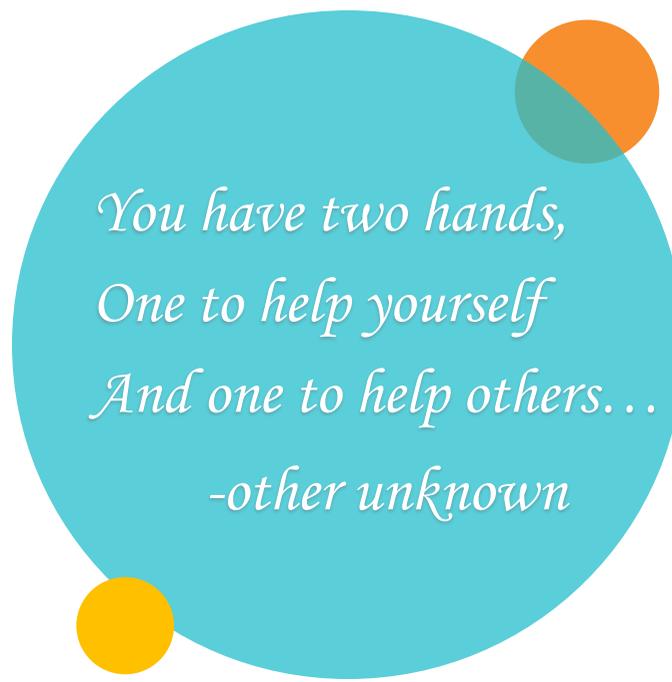
Classes are tailored to build self-esteem bring out individual creativity, a sense of accomplishment and pride in a hand crafted project.

Classes Available

Classes are offered in either a group environment up to a maximum of 10 students or on a one to one basis.

Classes run 4-6 hours depending on the project

Tea and a light snack is offered during sessions.



*You have two hands,
One to help yourself
And one to help others...
-other unknown*