

ART THERAPY
WORKSHOP



ART FOR THE SOUL.

WHY ART THERAPY?

Art as therapy, especially in young adults, is a scientifically proven way of reducing stress, alleviating the symptoms of depression, improving communication skills and is a positive distraction for many. We think that the skills you will gain from this workshop series would be beneficial to you, as well as the adolescents we interact with at the NIMH.

WORKSHOP OVERVIEW

The workshop series will be conducted and hosted by RMIT professor Elinor Assoulin, PhD (Art Therapy, reading).

It will take place over **10 days**. There will be two repeat sessions per day (from 9 AM to 12 PM and 1 PM to 4 PM), so you may show up for any one of the time slots.

The workshop will be **free**, however, keep in mind that you may be required to purchase a set list of art supplies needed for the activities that we will be doing.

Venue: The National Institute of Mental Health

To be awarded a certificate of completion, you need to be present on all days of the workshop.



WORKSHOP DATES

FEBRUARY 2019

S	M	T	W	T	F	S
					1	2
3	4	5 Workshop	6 Workshop	7 Workshop	8 Workshop	9
10	11 Workshop	12 Workshop	13 Workshop	14 Workshop	15 TBD	16
17 Workshop	18	19	20	21	22	23
24	25	26	27	28		

NOTES

Registration and Doodle opens on Wednesday, January 9th 2019.

To register, you need to agree to the conditions overleaf.

Volunteers are required to purchase their own art supplies (or buy a set from Project Bloom).

No cancellations.



RULES AND GUIDELINES

REGISTRATION

When you register for the "Art for the Soul" workshop series by submitting the completed form, you agree to showing up for each of the days the workshop is held on.

CANCELLATIONS

After registration, if you want to cancel and not show up for the entire workshop series, you need to do so **on or before the 28th of January, 2019.**

We would greatly appreciate if you could stick to the cancellation deadline as it would help us run the workshops more efficiently.

If for any reason, you cannot show up for a particular day (other than for family and/or medical emergencies), you need to let us know at least two days prior to the day of the workshop.

CERTIFICATES

After the workshop, participants shall be awarded with a Certificate of Completion, in recognition of their participation.

No certificate shall be granted to participants who miss **one or more day** of the workshop, due to the inherent structure of the workshop. However, participants may still show up for the rest of the workshop.

VENUE

The workshop shall be conducted at the National Institute of Mental Health in Angoda. Participants are required to make their own travel arrangements to and from the venue. Participants are required to observe and follow the rules of the NIMH, as it is a government body.

Wear something that is both modest and comfortable enough to work and move around in.

CONDITIONS

The workshop is free, however, participants are required to either purchase their own art supplies (list provided), or purchase a set from us (whichever is convenient for you).

We reserve the right to modify, add or cancel dates of the workshop based on factors such as volunteer participation and or other external factors out of our control. We will also let you know if any changes occur before a reasonable amount of time.