



CANADIAN MENTAL  
HEALTH ASSOCIATION  
Vancouver-Burnaby Branch

*Exploration of the inner self through art therapy techniques can enable us to better communicate with our children, as well as uncover our inner potential in dealing with the challenges of everyday. It is a journey of self-expression through art without the skills of an artist which brings us back to our childhood in search of our true selves. This group learning process can help us develop positive parent-child relationships within the family.*

## *Chinese Art Therapy Open Studio*

# Helping your children grow: The parent's journey

Date: May 2, 9, 16 and 23, 2008 (Fridays)

Time: From 10 am to 12 noon (Mandarin)  
From 12:20 noon to 2:20 pm (Cantonese)

Place: CMHA Vancouver/Burnaby Branch  
*175 West Broadway, Vancouver (At Columbia)*

### Content:

#### **May 2, 2008 - Drawing as a Communication Tool**

The use of drawing enhanced communication through visual expression. Participants can witness their strength through the power of learning and observing as a team.

#### **May 9, 2008 - Art Therapy: Trilogy**

Art therapy is a self-discovery process, a communication with your inner self as well as an awareness to promote individual growth and positive change.

#### **May 16, 2008 - "Finding yourself"**

Parents and children often come into conflict over different issues. Learn more about dealing with conflicts and a positive way of communication from understanding yourself through art therapy.

#### **May 23, 2008 - Home Creation**

In order to achieve family harmony, now take a short walk into your memory lane and create an ideal home by using handy art materials.

Facilitators: Roxanne Chou and Peggy Chan, *Professional art therapists*

Cost: **\$20 for the whole series plus \$5 for materials**  
**(Subsidies are available)**

For Inquiry/Registration:

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