



CANADIAN MENTAL  
HEALTH ASSOCIATION  
Vancouver-Burnaby Branch

*Do you find complication, confusion, and conflict in your daily life?  
Do you find difficulties in getting along with other people? Do you want to empower yourself and obtain  
better skills in dealing with your problems? Hope you could join us to explore effective ways together  
through interactive, creative and interesting art therapy group activities in a safe and  
supportive environment. No any past art experience is required.*

## *Art Therapy Open Studio (Chinese)* **Communication vs Art Therapy**

Date: From February 26 to March 19, 2009 (4 Tuesdays)

Time: From 6:30 pm to 8:30 pm

Place: CMHA Vancouver/Burnaby Branch

*175 West Broadway, Vancouver (At Columbia)*

### Content:

#### ***Session 1. Non-verbal Communication***

Become aware of the various ways of personal communication, including verbal and non-verbal languages.

Activity: Self-exploration through interesting individual and group art making activities with yarn.

#### ***Session 2. Talk by Pictures***

This session is to explore one-self as well as effective strategies in obtaining inner peace.

Activity: To express your sub-conscious thoughts and feelings through collage-making.

#### ***Session 3. Self-Box***

How other people see you? Let's communicate through art and learn different viewpoints from different individuals.

Activity: To learn how individuals relate themselves to others through mask-making.

#### ***Session 4. Spirit and EQ Growing***

Through group art to learn skills in getting to know others and how to help yourself feel welcome in a group.

Activity: Making Spiritual Cards, and then reflecting on your past. See what difference/impact you have made.

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

Cost: \$20 for the whole series plus \$5 for materials

For Inquiry/Registration:

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