

Therapeutic Art Making & Creative Connections for Seniors

Mondays
10am – 12pm

First
Session
FREE!



Our art therapist, Eric Zhang will be guiding a series of freehand drawing and painting classes.

Research has demonstrated that arts and creativity focused activities promote healthy ageing. Participation in the arts has been shown to lower the risk of the onset of dementia, decrease perceptions of pain, help to relieve stress, and improve mood. Additionally, participating in the arts decreases social isolation and provides meaning and purpose as individuals have a need to engage in self-expression.

Therapeutic Art Making is to experiment or learn something through a new technique involving creating something specific or replicating an example or instruction. Additionally, creating something will impact how both artwork and art supplies are also viewed by others.

Therapeutic art focus on the product itself, with the overall goal being to create a specific piece of beautiful artwork. Often times, the goal is to create something that is interesting, beautiful, or visually appealing, with clients also wishing to either frame their creations or display them in some other fashion.

The benefit of therapeutic art making is that you will be able to learn all sorts of new skills, which can help to greatly increase your self-esteem. Secondly, you will be able to develop and increase your technical abilities, which you can use for your visual self-expression. Furthermore, social interaction will be able to achieve, which can greatly help you with building relationships with other individuals taking part in the same class. As a result of self-expression, you will be able to experience a feeling of catharsis. Lastly, you will have the chance to indirectly learn more about yourself.

Canterbury Centre, 2 Rochester Rd, Canterbury

Cost: \$15 includes the cost of materials (T&C's apply). **Transport: \$5** each way (bookings essential)



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