



## *EXPRESSIVE ARTS THERAPY*

*80 Norfolk Street, Guelph (Between Cork and Paisley Streets)*

These classes and sessions are especially designed for children who are experiencing challenges in their lives at school, at home and/or in their social circles.

Art activities engage children in a focused, imaginative, playful manner, enhance learning skills, and can open many new and creative possibilities in their relationships with their families, other children, the world around them, and to themselves.

During these sessions, children will be encouraged to express themselves through a variety of media. They will be able to choose to work with any (or all) of these art forms: clay sculpture, mask making, drawing, painting, dance, music, poetry, and journal keeping.

**Expressive Arts Therapy Sessions are available as:**

- Classes of four children ~ ages 6-12 (arranged as close in age as possible)
- Individual sessions- child alone ~ ages 6-12
- Individual sessions ~ infants to age 6 (with parent)
- Individual and group sessions for adults

Elizabeth Cunningham holds a Master's degree in Expressive Arts Therapy. She has worked in Early Childhood Education as a Parent/Child class facilitator, mentor and consultant and as a kindergarten teacher for nearly twenty years. Elizabeth has also taught children ages 6-12 extensively in Waldorf Schools and as an arts specialist in the public elementary school systems. She has facilitated workshops for adults and children experiencing mental health challenges for "Spark of Brilliance" in Guelph for eight years. In addition, Elizabeth is the founder and director of Waterside Arts Children's Camps and Art Studio, Eden mills, Ontario.

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