

SPRING 2022

Hello, Happy Easter and Happy Ramadan for those who celebrate them! Spring is always welcome, especially after 2 years of COVID! Let's take the opportunity to get together, get out and rejoice in nature! Let's meet for a new self-discovery, laughter and discussions or just to listen to relaxing music... Because any type of BEAUTY or ART... is a THERAPY in itself... And more than ever, ALL of us need therapy to get back to a NORMAL rhythm of life!



Beauty and art to better express ourselves? Why not?

Since the dawn of time, art has always been a source of well-being... a therapy! Today, art is becoming more and more recognized for its therapeutic effects on our mental health and well-being, art therapy encompasses techniques that help us reduce the symptoms associated with anxiety and depression.

At home or at work, this mode of activities helps as we explore our emotions and immerses us in a calm and conscious atmosphere. Enjoy my individual or collective service offers for a relaxing and positive activity where:

- The session can be covered by your insurance as Naturopathic care (I am a member of the association RITMA # 7539)
- Together we practice artistic/therapeutic exercises for relaxation, the expression of emotions and the discovery of external or internal stress triggers;
- We use tools to deal with mood and personality disorders;
- We share ideas, anecdotes, supportive interactions (including explanations and a series of interesting post-activity questions/discussions);
- We guide each other while having fun, no judgment or critics..

Contact me for more information

COULD I SUGGEST A NEW ACTIVITY?



P.A.T.I.

"Positive psychology Art Therapy
for individuals" (Reduced fees)

S.O.F.T.E.

Groups "Special Occasions' Fun/Therapeutic
crafts Events" (Reduced fees)

Individual : 110\$
\$75.00 /session/pers.

Small group : 60\$
\$19.00 /session /pers.

In entreprise : 99\$
\$49.00 /session/pers.

*Book your
spot*