



# ART THERAPY - DRAWING FOR CHILDREN



## HOW CAN ART THERAPY HELP CHILDREN?

overcoming:

- *depression;*
- *suppressed emotions;*
- *increased anxiety;*
- *impulsive behavior;*
- *rejection;*
- *loneliness.*



## THE GOAL OF ART THERAPY

- *help children express themselves more freely;*
- *improve mental health;*
- *strengthen relationships*

## WHY IS ART THERAPY EFFECTIVE?

- *helps discover new ways of self-expression;*
- *empowers children for new achievements;*
- *develops creative potential.*

## WHERE?

Im Städtli 20, 8872 Weesen



# MuKidi

Familienzentrum  
am See



**LESIA SAPON**  
MASTER OF PSYCHOLOGY,  
PRACTISING ART THERAPIST  
SAPON.LESIA@GMAIL.COM  
0796185612

\*IN ENGLISH