Art Therapy

Beginning March 1, 2019

Adult art group will meet on Monday, Wednesday, Friday from 9am - 12pm

The youth group will continue to meet on Mondays from 4–5.

New Beginnings Building
Hu Hu Kam Memorial Hospital

The creative process of artistic self-expression helps people to:

- Resolve conflict and problems
- Develop interpersonal skills
- Manage behavior
- Reduce stress
- Increase self-esteem
- Enhance self-awareness
- Achieve insight

For more information please contact:
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