



Gila River
HEALTH CARE

BEHAVIORAL HEALTH SERVICES

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*
- *Increase self-esteem*
- *Develop interpersonal skills*
- *Enhance self-awareness*
- *Manage behavior*
- *Achieve insight*
- *Reduce stress*

For More information please contact:

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