

EXPRESSIVE THERAPEUTIC PROGRAMME FOR SENIORS

乐龄表达性艺术疗愈活动

This six-session workshop aims to help seniors gain a better understanding of their life through active participation in expressive therapeutic activities under the guidance and supervision by professional artists and/or art therapists. Upon completion the seniors will learn to communicate and express their inner feelings and thoughts through art.

这个活动希望能让年长者能通过艺术表达来更了解自己的心声。在专业的艺术治疗师的指导下，通过六次的艺术参与活动，让年长者抒发内心的感受。欢迎大家踊跃参加！



Topics:

- Introduction to expressive art therapy
- Getting in touch with your feelings and moods
- Creating your masterpiece

主题：

- 表达性艺术简介
- 窥探你的情绪和感受
- 创作你的艺术作品



WHEN 时间

Every Monday
6 Lessons
3pm – 5pm
28 May 2018
4, 11, 18 and 25 June 2018
2 July 2018
每逢星期一
六节活动
下午三点到五点
五月二十八日到七月二日

WHERE 地点

SAGE Counselling Centre
1 Jurong West Central 2
#06-04 Jurong Point
S648886
乐龄辅导中心
裕廊坊 六楼门牌四号

REQUIREMENTS 报名条件

50 years old & above
五十岁或以上

REGISTER NOW!

赶快报名！

PEP@SAGECC.ORG.SG

Call / 拨电 **63541191**

Follow us on

Facebook

运用面书

跟进我们的活动

