

# 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

Run 4 (08/10/18 – 12/10/18)  
Run 5 (19/10/18 – 17/12/18)

每逢星期一  
六节活动  
下午三点到五点

### 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

### REGISTER NOW!

赶快报名!

[PEP@SAGECC.ORG.SG](mailto:PEP@SAGECC.ORG.SG)

Call / 拨电 [63541191](tel:63541191)

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