

FUN WITH DOTS... A THERAPEUTIC ART WORKSHOP FOR SENIORS 乐龄表达性艺术工作坊



This free 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 artist. 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！

Bilingual Workshop Topics:

- Introduction to expressive arts as a form of well-being
- Getting in touch with your feelings and moods
- Creating your masterpiece

双语工作坊主题:

- 表达性艺术简介
- 窥探你的情绪和感受
- 创作你的艺术作品

Trainers' profile

Ms Jane Goh has been a mental health practitioner and clinician for 15 years. Trained in Art Therapy, Bowen Therapy, Fine Arts and Psychiatric Rehabilitation, she is a strong believer in integrating different disciplines to pilot new programmes for all age groups. She played an instrumental role in establishing programmes that involves integrating expressive therapies with sports and occupational therapy.

WHEN 时间

9 October 2018 十月九日
Tuesday 星期二
2pm – 5pm
下午两点到五点

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

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](tel:63541191)

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