



Stress Release through Canvas Painting on 27 February 2015, 8.30 am – 11.30 am

This special workshop aims to facilitate the emotional well-being of parents through the understanding of themselves and others using art. Art provides an alternate form of self-expression when words are not good enough. The use of images and symbols can become powerful tools for participants to tell their stories and express their emotions. Through this workshop, participants will also learn how to react positively to life’s stress through artwork and symbolism, using art as a healing, relaxing medium.

- Program of event :**
- 1) **Self-discovery:**
Art Activity 1 - Self introduction through images
 - 2) **Enhancing mental well-being:**
Art Activity 2 - Knowing your body map of stress
Art Activity 3 - Scribble workout
 - 3) **Drawing your safe space on canvas**
Opportunity to reflect and visualize
 - 4) **Reflection & Group Sharing**
Sharing of experiences within the group

Facilitator’s Profile: Ms Jeanette Chan - MA – Art Therapy, AThR ,BBBA Dip (CounsPsych)

Jeanette is a registered art therapist with Art Therapist Association of Singapore (ATAS) and Australian & New Zealand Arts Therapy Association (ANZATA). She holds a Masters of Arts, Art Therapy degree and qualifications in counselling psychology.

Her love for art and aspiration to work in the helping profession motivated her mid career’s switch after 13 years in the corporate sector. Jeanette works mostly with children, young adults and person with special needs (e.g. elderly and youth with learning disabilities etc). She has been introducing art therapy to the community, companies and educational art programmes in schools, art studios – introducing bonding activities and interactive ways to experience art in therapeutic settings.

*This workshop best is catered for up to 12 participants only. **First Come, First Serve Basis***

Date & Time:	27 February 2015, Friday 8.30am – 11.30am
Venue:	Art Room (Level 6)
Closing Date:	5 February 2015

Please submit your registration form & cash payment (placed in a sealed envelope) to your child’s form teacher. If you need further clarification on this event, please contact me at 62539451 or email: bhps.sfe.pri@gmail.com Thank you for your support and partnership in growing with your child/ward.

Balestier Hill Primary – Stress Release through Canvas Painting

Registration Slip (Attn: Mdm Elizabeth Tang)
Non-refundable registration fee is \$3.00

Name of Pupil: _____

Class: _____

Name of Parent: _____

Fee Paid: _____

Contact No: (Mobile) _____ (Home) _____

Email) _____

Parent’s Signature

Date

For official use:

Amount Collected: _____

Collected by: _____

Date: _____