

Painting Art Therapy Group

EL DUENDE PAINTING

What is el duende?

A process based form of studio art therapy where each person has one canvas. The canvas is layered upon and paint on top of each session.



What to expect...

- process lived experiences and feelings
- explore body awareness and inner dialog through mindfulness and guided prompts
- share and be witnessed in a held group setting from the comfort of your home



Information

NO EXPERIENCE WITH ART MAKING NEEDED

The first Thursday of every month August to December 4:30pm - 6:00pm at the Healthy Perspectives office

\$250 total includes all five sessions and all the supplies

SCREENING AND PREREGISTRATION REQUIRED BY JULY 25TH.

**CALL (603) 880-9880 X201
HP-NH.COM**



Healthy Perspectives

Innovative Mental Health Services, PLLC

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