

What participants can expect and enjoy!!



- ◆ Creativity & spontaneity
- ◆ New ways to express feelings & communicate
- ◆ Insight, self-awareness & reflection
- ◆ Sharing of experiences, stories, insights, challenges
- ◆ Co-operation & involvement in group activities
- ◆ Social support
- ◆ Relaxation
- ◆ Fun & laughter
- ◆ Getting a little “messy”

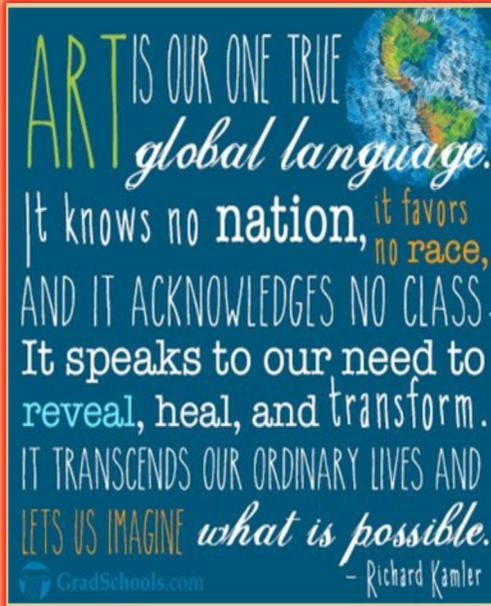


For more information regarding the

Talking Hands Program

please call Diana at the SCHSS office

250-378-9745 x 51



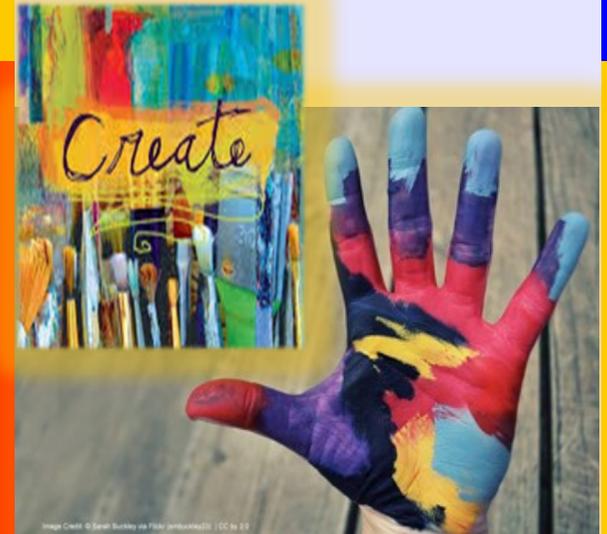
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Scw'exmx Community Health & Nlaka'pamux Health Services

Talking Hands: Self Expression Through Art



Talking Hands Program: What's it all About?

Talking Hands: Self Expression Through Art

is a community-based program that provides participants with a safe space to explore, discover and express themselves using a variety of art materials and methods.



The health benefits of ART-making have been well documented through a variety of disciplines over the past few decades. But even before then, our ancestors understood the healing power of ART and its connection to mind, body and spirit wellness. Using ART as “medicine” is something that has been practiced for centuries.



The process of ART-making is all about exploring the dance between our inner and outer selves. It can be helpful for those times when we just can't find the words, or there simply are no words.

The extraordinary thing about ART is that it enables us to both find ourselves and lose ourselves at the same time. And, lastly, it's just plain fun!

Talking Hands Program: “Not” an Art Class

Talking Hands: Self Expression Through Art

is not an art class. It is a flexible group program that encourages personal exploration and development using art.

Program Details:

6 weeks in length—2-3 hour sessions
Max 12 participants—adult or youth groups
Day and evening programs are offered, and summer intensives are possible for groups who would like to participate over a one-week period (3 full days).

NO previous art experience is needed and all the art supplies and materials are provided:

Participants will need to provide their own clothing suitable for permanent staining from paint splattering, ink/oil stains, chalk/clay marks, and permanent marker.

Participants will have an opportunity to explore the following art mediums:

- ◆ Drawing, Painting, Collage, Sculpting, Prints/Rubbings, Stencils, Fabric use, Mask-Making, Found-Object Creation

and the following art materials:

- ◆ Graphite, Colouring Pencils, Charcoal, Acrylic Paint & Pens, Oil and Chalk Pastels, Watercolour Paint & Pencils, Markers, Fingerpaints, Ink, Crayons, Sculpting Clay, Polymer, Play Dough

Themes for Creative Expression

Here are some examples of themes that may be explored within the program during individual and group activities and projects:

- ◆ Colour Associations
- ◆ Focusing and Mindfulness
- ◆ Storytelling
- ◆ Identity
- ◆ Exploring Emotions
- ◆ Guided Imagery, Visualization
- ◆ Life—Past, Present, Future
- ◆ Non-Verbal Communication
- ◆ Dreams—Meditations
- ◆ Self-Perception
- ◆ Mandalas—Totems
- ◆ Relationships
- ◆ Music
- ◆ Nature—land art

