

# ART THERAPY BEREAVEMENT WORKSHOP

**WHEN: MONDAY AUGUST 11<sup>TH</sup> 2025 11:00am-12:30pm.**

**Places limited. Please sign up by contacting us at our details below.**

## ABOUT

Art therapy is a form of psychotherapy that uses art making and creative practices as a means of communication and self-expression.

You do not need to be able to draw or paint. It is not about creating works of art but using art as a creative outlet for expression.

Suitable for all ages. This group workshop is designed with a focus on those who have experienced bereavement due to cancer.

## BENEFITS

- A safe way to explore difficult feelings and experiences.
- Improve mental and emotional wellbeing.
- Develop new coping skills.
- Meet people who share similar experiences.
- Get in touch with your creative side.

## HOW TO TAKE PART

For more information and to sign up for the workshop contact Cancer Care West.



091 540 040



[support@cancercarewest.ie](mailto:support@cancercarewest.ie)



[www.cancercarewest.ie](http://www.cancercarewest.ie)