

# Expressive Art Club



Creating art is a wonderful stress reliever as well as a way to build confidence and increase creativity. Children today are in need of some healthy outlets. This journey of art expression will provide participants with an opportunity to *reduce anxiety and stress, increase creativity, expand knowledge of specific artists and techniques, and participate in some **fun**, healthy socializing with their peers.*

**Tara Bane** has been a practicing Art Therapist for over 27 years and an Artist for even longer. With her knowledge of art mediums and expertise in Art Therapy she will provide your child with an art experience of self expression in a safe and comfortable space.

Join this 10 week *Expressive Art Journey*.

3:15- 4:20pm, **grades 1st-6th**

**Tuesday 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24, 2/7, 2/14, 2/21** Space is limited. Please

sign up with **Tara Bane**

[BlueSkyTherapyCenter@gmail.com](mailto:BlueSkyTherapyCenter@gmail.com)

*No experience needed- just a desire to have fun and create some art.*

Fee is \$200 plus \$15 supply fee