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**ARTISAN ART THERAPY**

**ABN 56157625493**

**Bookings now open for Groups**

**and Individual Appointments**

**Is your child having a difficult time at school, personally or socially?**

**Are you struggling with a problem and unable to see a solution?**

**Art Therapy is a creative and unique method for intervention in resolving difficulties, providing understanding and overcoming challenges in a fully supported and non-judgmental environment.**

**This may include:**

* **Coping and Problem Solving**
* **Identifying and Utilising Personal Strengths**
* **Self-Esteem, Anxiety and Self-belief**
* **Changing Behavioural Patterns**
* **Expression of Feelings**
* **Social Skills**
* **Identifying Emotions**
* **Grounding, Engagement and Attachment**
* **Decision Making**
* **Finding Purpose**
* **Letting Go**
* **Trauma, Grief and Loss**

**Art Therapy is an approved NDIS therapy, please check with your plan coordinator.**

**Individual and group therapy dependant on places available.**

**For further information or to book a no-obligation information session, please call**

**Kerri Birch on 0447445495**

**or email artisanarttherapy@gmail.com**