



Virtual Art Therapy: The Open Studio Project

FACILITATORS

Kara Edge, MSW, LCSW

Kara has been a therapist at the Quest Center since 2018

Fee:

This Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

To Register:

Please speak to your provider

Wednesday July 29th

5:30 pm—7:00 pm

Via Zoom

Participants will be offered a virtual safe space to create, journal and reflect.

The Open Studio Process encourages uninhibited art making. Participants provide their own preferred art making materials. They will be given prompts to help encourage their intuitive artistic process. Participants will be making art for themselves but may choose to share what they have created at the end of the session. Prior experience with art or writing is not necessary! Art making can be an enjoyable way to relieve stress and create more balance in our lives.

This is not a verbal/process group. Folks will be asked to mute their microphones throughout the group. Please speak to your therapist about a referral.

Attendees will need access to any art materials they would like to use. This will be a virtual group which is most ideally accessed with video capacity. There will be visual prompts to follow.

BE WELL - BE YOU

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