**ONLINE TRAINING EVENT**

**Wednesday 19th April 2023**

\*\*Limited Places— Book now to avoid disappointment \*\*

***NON-PROFIT ORGANISATION***



**Using Art to Soothe and Relax**

**Led by Sarah Parker – Art Therapist**

**Wednesday 19th April 2023 1-4pm**

**ONLINE**

Learn about the value of using art activities to support the emotional wellbeing of children, young people and adults. Explore how art can be used to help soothe and relax in this busy world we live in. The workshop will allow participants to learn about art activities that they can then use with those they support.

**This training will include…**

* An experiential workshop leading you through exercises designed to soothe and relax.
* Exercises involving art making, breathing techniques, and using the senses.
* Group discussion and exploration of how these exercises would work in your setting.
* Using art materials of your choosing.

**For this workshop, you will need…**

* An environment that is quiet and private to create a relaxing and safe environment where people feel free to share their experiences. This may be easier to find in your home.
* Space to make art on and some basic art materials like coloured pencils, pastels, crayons or anything else you would like to use. Plus, some paper to draw on
* Some items that you find soft and soothing. For example, wool or soft fabrics, bubble wrap, pipe cleaners, clay, feathers, pebbles or shells.

Please note that this workshop is **ONLINE** using TEAMS. Joining instructions will be sent out via email following booking confirmation.



**£35.00 per delegate**

**To book a place please contact**

[**thebungalowpartnership@gmail.com**](about:blank)

**This training is in high demand and places are limited so book early to avoid disappointment.**

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|  | |  | | --- | | **TRAINING EVENTS**  **BOOKING FORM** | |

**CONTACT DETAILS**

School/Organisation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Position in School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Authorised by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ONLINE TRAINING EVENT £35.00 per delegate**

# Using Art to Soothe and Relax ONLINE: Wednesday 19th April 2023 1-4pm

**DELEGATES**

**Name Email:**

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**TOTAL COST £ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please return completed booking form and accompanying Purchase Order (if required) to:**

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| The Bungalow Partnership  Rose Wood Academy  The Garth  Coulby Newham  Middlesbrough  TS8 0UG  Tel: 01642 595363  Email: [thebungalowpartnership@gmail.com](about:blank) |  |