

White Rose Art Therapy



Hope for Connection

**Do you have Dementia
or are you caring for someone with Dementia?
Are you feeling frustrated, lost and in despair?
Are you struggling with low moods
and managing your emotions?**

Art Therapy offers solutions!

**Sufferers can step out of isolation and express themselves,
gain a sense of achievement and restore a damaged sense of self.**

Did you know art therapy offers plenty of benefits?

Here are a few examples of areas where positive change is experienced:

- Improve communication
- Start feeling good about yourself and your life
- Heal mental, physical and emotional health
- Bypass damaged brain areas

Art materials will be provided for individual and group sessions.

No previous art experience necessary.

**Contact Samantha on 01904 744820 to find out more about how to
enrich your quality of life and/or that of a loved one.**

Individual 1 hour sessions available at home, conducive to feeling comfortable in a familiar environment rather than yet another new and unsettling space.

Care homes can refer several patients for group sessions to take place in the home (6-8 patients for 1.5 hours).

samanthajanestubbs@gmail.com
www.whiterosearttherapy.uk

Visit hpc-uk.org/artstherapists to find out about the "WHAT? Why Hire an Arts Therapist" campaign.