



Anxiety & Me: Arts Therapy Online

for children and young people aged 9-25

we are offering arts therapy sessions focusing on coping better with anxiety, self-care and being creative



we'll send you a pack of arts materials



and a copy of our workbook



opportunities to draw/write/create

connecting with creativity and nature

we'll offer you 8 weekly sessions, usually one hour long, and they can cover topics which interest you and can include:

improving sleep and mental health

all facilitated by a qualified arts therapist