



**Let's Get Creative!  
Together We Improve  
Wellbeing & Enrich Lives**

## **Increase the Value of Activities to Assist Seniors**

**You don't have to be artistic or have art training to benefit**

Focus therapy accommodates varying health needs and abilities including non-verbal, physically and mentally challenged individuals. Our experience with resistant individuals and those with behaviour issues ensures support and expertise to assist all needs. Catherine's Art programs can be tailored to **depression, Alzheimer's disease, grief/loss, abuse, trauma, stress, isolation, etc.**

Reconnect in an exciting way. The impacts of art therapy techniques have been studied, showing positive and measurable results **Improved motor skills, enhanced memory, creativity, well-being, health and quality of life.** Staff members report resident behaviours and overall attitudes are more positive, directly affecting the residence atmosphere.

### **A Variety of Programs are Offered:**

#### **Stroke/ Alzheimer's Disease**

Reflect on memories and focus on today using rare techniques to open emotional dialogue and allow members with memory loss to reconnect, share with family and a support group and gain understanding in a confusing time of grief and loss.

#### **Aging and Life Stages**

This very powerful program helps members to rejuvenate/refocus on the self leading to a sense of calm, balance and mastery.

#### **Strengthen Senior Support**

Unite loved ones or peers in a new way. Reconnect with family/friends to increase understanding and positive memories.

**Providing rewarding art activities seniors want to join that improve wellbeing and quality of life.**

**For details contact**

**ART of Therapy**

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