

Support Art Therapy Studio

We serve a diverse population and strive to provide access to quality art therapy regardless of socio-economic barriers. Please consider making a tax deductible donation to support our efforts for greater access.

- I would like to donate \$175.
This gift will cover the cost of one individual to participate in 11 weeks of art therapy.
- I would like to provide a different, one-time donation in the amount of:
 - \$50 \$100 \$500
 - other amount: _____

Method of Payment

- Check Credit Card

Name

Billing Address

Credit Card Number

Expiration date _____ CVV _____

Thank you for your donation. Please complete this form and mail to Art Therapy Studio at 12200 Fairhill Road, Suite C155, Cleveland, OH 44120. Make checks payable to Art Therapy Studio. Donate today at <http://bit.ly/SupportArtTherapyStudio>

**Art Supplies Proudly
Sponsored by**



Non Profit
US Postage
PAID
Permit #131
Cleveland, OH

Our Mission: To enhance individuals' quality of life through therapeutic art.



12200 Fairhill Rd
Cleveland, OH 44120
(216) 791-9303
arttherapystudio.org

Follow Us!



ART
THERAPY
STUDIO

SINCE 1967

Growth. Healing. Wellness.

*Community
Art Therapy
Programs*

2021 Winter Schedule



Discover Wellness Through Art Therapy

Since 1967, Art Therapy Studio has offered innovative art therapy programs to thousands throughout the Greater Cleveland community. Our Community Art Therapy Programs are facilitated by credentialed art therapists and designed to provide a therapeutic approach to artmaking.

We are dedicated to the safety and well-being of our community. In response to the limitations caused by COVID-19, Art Therapy Studio has created a hybrid of in-person and virtual programs to ensure social distancing and allow vulnerable artists to attend the programs they need from the safety of their own homes. An Art Kit will be mailed to artists participating remotely. Our programs are open to everyone including those with physical, emotional, or cognitive needs, as well as those curious about experiencing the benefits of visual self-expression.

Featured Cover Artist

Creation in Motion

Painted by Michelle Randle

Michelle Randle has created an interesting composition that is both functional and uplifting. In this piece Michelle uses a combination of stencils, stamps, and carving to create a small dish. The word "Love" is sculpted in 3 dimensions with a red glaze bringing our eyes to this focal point. The words "Hope" and "Joy" serve as visual bookends for this piece, acting as bold affirmations and welcome reminders of the power of love in our lives.

2021 Winter Schedule

Sessions run Jan.4 - March 19

All programs take place at our Studio located in The Fairhill Partners Building at 12200 Fairhill Road, Room C153, Cleveland unless otherwise noted.

Virtual Participation is now available for all programs. All programs with an asterisk (*) will only be conducted virtually and not in-person.

Monday

No session Martin Luther King, Jr. Day, January 18th. Art Therapy Studio will be closed this date.

Painting & Drawing - \$160

Increase confidence in your artistic identity by exploring the basics of drawing, acrylic, and watercolor painting. Please note, this program has been rescheduled from its usual time on Tuesdays.

10:00 am-12:00 pm at Art Therapy Studio

Quiet Painting & Assemblage Group – \$160

Whether you're a beginner or a more experienced student, come explore the process of painting or assemblage with guidance and encouragement in a quiet, low-key environment.

1:00-3:00 pm at Art Therapy Studio

Individual Art Therapy Sessions are now available. Please call Clinical Director Cheryl Pete at 216-791-9303 for more information.

Tuesday

Discover The Artist Within You – \$145

This class is designed to help people with specific needs, including those affected by an accident, stroke, or chronic illness, such as cancer. Develop your own style in a relaxed and supportive setting using various techniques.

10:30 am-12:00 pm at Art Therapy Studio

1:00-2:30 pm*

Open Studio – \$175

Enjoy the small group setting with personalized guidance to explore drawing, painting, collage, or printmaking for self-expression or relaxation.

10:00 am-12:00pm*

1:00-3:00 pm at Art Therapy Studio

Quiet Painting Group – \$175

Whether you're a beginner or a more experienced student, come explore the process of painting with guidance in a quiet, low-key environment.

1:00-3:00 pm*

Wednesday

Media Sampler – \$175

Explore a variety of media including acrylics, drawing methods, watercolors, or combine it all in your own mixed-media artwork.

10:00 am-12:00 pm at Art Therapy Studio

Creative Clayworks – \$195

Explore clay for self-expression and connect with your creative self using basic clay building techniques.

1:00-3:00 pm at Art Therapy Studio

Thursday

Papermaking & More! - \$175 **NEW**

Delve into the time-honored, tactile nature of paper for self-expression through techniques like paper making, collage, bookbinding, paper sculpture and more.

10:00 am- 12:00 pm*

Breathe, Relax, Create – \$15 per session

In this virtual program, develop greater self-awareness, improve mental health and cognition, and decrease stress by exploring mindfulness and art-making. We will begin each session with a brief mindfulness exercise and then move on to art-making with materials and themes of your choosing. Provide your own art supplies or find the link to purchase an art kit directly from Blick. Check our website for dates.

6:30 pm-8:00pm*

Friday

Open Studio – \$175

Enjoy the small group setting with personalized guidance to explore drawing, painting, collage, or printmaking for self-expression or relaxation.

10:00 am-12:00 pm at Art Therapy Studio

Freestyle Fridays – \$175

Express yourself your way in this social, high energy open studio.

1:00-3:00 pm at Art Therapy Studio

• Virtual participation is available for all programs.

Call 216-791-9303 for more details.

- No art skills needed
- Supplies included
- Financial Assistance is available based on income. Please contact us for more details.
- Payment for programs is due at the time of registration. There will be no make-up classes or refunds.
- Class confirmation will be emailed December 23rd. We will also notify participants if a class is filled or canceled.
- Space is limited and classes fill up quickly! Register for Winter programs by December 18th. Please register by calling 216-791-9303 or visiting <http://bit.ly/ATSWinter2021>

Art Therapy Studio is
Generously Supported By



Hankins Foundation
Jochum-Moll Foundation
Paintstone Foundation

