

something for everyone

Individual Counselling Therapy for
children, teens, adults, couples



Therapeutic Family Support Services
offering Storytime, play and art
groups while learning about
development ages and stages and
simple parenting skills



Arts for Wellness groups including
artist trading cards, mood collage,
art journaling, storytelling pages



Dance/movement medicine groups
including NIA, free dance, earth
dance and much more



Call today!

- Book an appointment for an initial consultation (by phone or in person)
- Sign up for a group program
- Find out about our counselling package pricing options
- In person counselling and small groups at Spyker Arts Studio.
- Video online counselling and many groups are offered virtually.
- See Facebook, Instagram, Eventbrite for more information.

Contact us:

Email: spykerartstherapy@gmail.com

Phone: 780-361-2092

Address: 4802 49th Ave., Wetaskiwin
formerly Chapman Electric



Spyker Arts Studio



- **COUNSELLING ARTS THERAPY**
- **THERAPEUTIC FAMILY SUPPORT**
- **ARTS FOR WELLNESS GROUPS**
- **MOVEMENT/DANCE MEDICINE GROUPS**
- **CHILDREN'S ART CLASSES & BOOKCLUB**
- **BOTH ONLINE AND IN PERSON SESSIONS**

Arts Therapy is about expression through the arts



Arts Therapy is a mental health profession using art media and the creative process (drawing, writing, sculpture, drama, clay, paint, dance and movement, etc) to facilitate the exploration of feelings, improve self awareness and help reduce anxiety for clients.

Creative processes allow clients to explore and express feelings that may be hard to access through words. New pathways are found for your health and wellbeing.



Professional and registered Art Therapists are trained in both creative methods and also in psychological and psychotherapeutic methods to support clients as they find their way to express themselves, connect with their inner selves, and improve wellbeing.

An arts therapy session is very different from an art class or lesson. The art therapist will listen for your goals and gently guide a creative process for insight and new depths of imagination.

Sessions are offered individually or in groups. They are offered online via video (or other arrangement) or in person.

No experience or expertise in the arts or art making is needed.



Who can benefit from Creative Arts Therapy?

**ANYONE CAN BENEFIT FROM
COUNSELLING ART THERAPY
INDIVIDUALLY OR IN THERAPEUTIC
GROUPS INCLUDING THOSE
EXPERIENCING:**

- developmental and differing abilities (such as ADD, ADHD, Autism spectrum)
- depression, anxiety, indecision
- loss, grief and bereavement
- cancer, dementia, and other chronic conditions
- trauma and post-traumatic stress
- acquired brain injury and traumatic brain injury (TBI) including partners and caregivers
- relationship concerns or aspirations
- transitions
- family roles and responsibility challenge

