



## Training: Art of Communication

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### Welcome!

In this training participants will learn how to express themselves and share their stories through art. Each of the lessons will be facilitated by the instructor but are self-directed activities where the participants will be the writers of their own stories.

Participants will be introduced to various visual art mediums along with basic performance arts to free their creativity and express themselves in new ways. At the conclusion of this 12-week course, participants will be able to present their final projects at a 1-night gallery exhibit and graduation ceremony.

### Recommended Audience

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This training has been designed for teens and young adults with mental health conditions and other disabilities who may find it hard to communicate their thoughts and emotions through verbal communication.

### What to Expect

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Participants will learn various visual art mediums along with basic performance arts to free their creativity and express themselves in new ways. Participants will learn how to communicate with their art by telling stories through their thoughts and emotions that many times get lost in words. Participants will also be given



tools to facilitate their own self-care by learning how to express themselves through the arts.

## Learning Objectives:

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This training will:

1. Demonstrate how to communicate with art by telling stories through the thoughts and emotions that many times get lost in words.
2. Provide students with the tools to facilitate their own self-care by learning how to express themselves through the arts.

## Requirements & Materials

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Paper (Mixed media, watercolor, drawing)

Printer paper

Sharpies/Markers

Pencils (graphite and colored)

Acrylic paints/inks

Plaster gauze

Masks

Cameras

Examples of weekly projects

## Schedule a Training

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*Heather N. Croas, CPS, WHAM*

*Phone: 678-665-1012*

*E-mail: Recovery.Artist2019@gmail.com*

