



BROWN BAG TRAINING

Friday, November 17, 2017 12:00 PM – 1:00 PM

Apalachee Center, Inc. / 1st Floor Main Conference Room

2634-J Capital Circle N.E. / Tallahassee, FL 32308

This month's training presentation:

“Art Therapy: Advancing Mental Health Through Creative Expression”

Art therapy is a mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well being of individuals of all ages. This workshop will include a presentation on the benefit of art therapy for various populations with a hands-on experiential in which participants will be able to experience the benefits of art materials for addressing therapeutic goals such as development of positive coping strategies and problem-solving skills.

Presented By:

Amanda Schattie – *Master's Art Therapy Practicum Student – Florida State University*
and

Angela Quintero - *Master's Art Therapy Practicum Student – Florida State University*

Please RSVP by 5:00 p.m. on Wednesday, November 15, 2017, via email to raek@apalacheecenter.org

To arrange for special accommodations, please call 850- 523-3265 at least 72 hours in advance.

Please do not forget to bring your lunch!!