



Support Art Therapy

at Gilda's Club Twin Cities

DATE:

Mondays

TIME:

1-2:30 pm

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Expressive Arts Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

All programs and services are offered at no cost.



For many of life's events there just aren't the words to express how we feel or to fully communicate the depth of our experiences. That is where creativity and art enter the picture. During this art therapy sessions, we will explore the use of art as a means to explore emotions, gain self-insight, have fun, and seek creativity and connection through community.

This art therapy group is for adults whose lives have been impacted by cancer. You don't have to be an artist to participate. And for those of you who think, "I can't even draw a straight line" this is the group for you! Straight lines are boring. All stick figures welcome.



Karie Amstutz is completing a joint master's degree in art therapy and marriage and family therapy at Adler Graduate School. She believes that creativity is innate, and we have only to tap into it to balance ourselves and be ready to face the world.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 10560 Wayzata Boulevard, Minnetonka, MN 55305 | 612.227.2147

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