

# BETHELL HOSPICE

## *Virtual Art Therapy*



**Art therapy individual counselling sessions are for individuals experiencing grief and bereavement. Art therapy provides the opportunity for an individual to explore thoughts and emotions that are difficult to put into words.**

**By using basic art materials and working with the art therapist, clients may gain further insight, and a depth of understanding of themselves and their lives. Previous art experience is not required; the art process, not the end product, is the most important and most rewarding. Session typically last for one hour.**

<b>Dates:</b>	Sessions Available Monday to Friday
<b>Time:</b>	Sessions Available 3:00 p.m. – 7:00 p.m.
<b>Location:</b>	Video Call via Zoom (client remains in their home while the facilitator provides the service from a distance)
<b>Cost:</b>	Thanks to the generosity of our donors, there is no cost to access this program
<b>Facilitators:</b>	Aldona Morrison, B.A., B.Ed, D.TATI (Candidate)

To make an appointment for Virtual Art Therapy, please contact Louise Sallese at:  
**905-965-2534** or **lsallese@bethellhospice.org**



zoom

Clients are able to access support via video calls through the online platform Zoom Meetings.



**Bethell**Hospice

*Here when you need us*