

Art Therapy Group for new mothers

What is Art Therapy?

It's a form of psychotherapy facilitated by a professionally trained Art Therapist, that uses art to help you express yourself. Sometimes it's hard to talk about feelings. Creating art is a way to explore emotions and experiences.

A variety of art materials are used such as paint, pastels, pens, pencils, clay, collage and other bits and pieces such as natural objects.

How does it work?

You may feel anxious about joining a group, especially one that involves art!

The main goal with Art Therapy is self-expression, giving you the chance to find time and space to share thoughts and feelings.

- Two Art Therapists create a safe and supportive environment.
- From the start, the group is given the opportunity to explore their hopes and expectations.
- On your arrival, there's tea/coffee and we check-in as a group.
- We then start our art making, followed by art sharing and talking.
- Before the end, we check-in on each other again and reflect on the morning.



Who can join?

The group is for mothers with a child of up to two years. If you have been struggling with stress, anxiety, or any feelings of shame, low self-esteem and isolation, these are common and this group will provide a safe therapeutic space for:

- connection with others with whom you may share experiences
- reduced isolation
- emotional support and nurture
- you as an individual
- you to express yourself through art

We provide a free Crèche

You will be able to leave your child with our specialised team in the same building, so they won't be far away. You will need to book in advance.

CrossReach Perinatal Counselling

Group details:

- **Duration:** 10 weeks
- **Time:** Friday from 10am to 12pm
- **Date:** 18th June- 20th August 2021
- **Location:** Simpson House, Edinburgh City Centre.
- **Size of the group:** There will be no more than 6 participants and we ask that you try to attend each week.

Cost:

- Our services are offered on a donation basis.
- If you wish to make a donation, these would be welcomed to support the delivery of our service.
- Ability to pay will never be a barrier to accessing support.

Covid:

We will adhere to current covid guidelines for everyone's safety. These details will be confirmed with you before the group starts.



Would you like to find out more?

Please contact us:

- pnd@crossreach.org.uk
- 0131 220 2488
- Address:

CrossReach Perinatal Service
Simpson House
52 Queen Street
Edinburgh
EH2 3NS

What happens next?

Once we have taken your details, one of the group facilitators will be in touch to explore whether this is the right support for you and answer any questions.

