

EXPRESSIONS

What is Expressions?

Expressions is a healing art support group for survivors of trauma. Every Expressions workshop is your Window of Time to create and express yourself freely, there is never any right or wrong way to participate or create.

Does Expressions meet virtually or in person?

Expressions meets virtually every Friday night from 6:00 to 7:30 Pm on Zoom. Join from your home computer or download the Zoom app on your phone to join from anywhere!

I'm not an artist, can I still join?

Yes! You don't have to be an artist or have art experience to join. Even if you don't consider yourself a creative person, you can still benefit from the healing powers of the arts!

Is Expressions art therapy? Is it art class?

No, art therapy is conducted with a registered art therapist. (Please contact me for referrals to art therapists in our area.) Expressions is not art therapy, but healing can and does happen!

Many participants pick up new skills, but Expressions is not an art class. Your artwork will never be graded or critiqued, and you will be the only one to interpret what it means for you.

What about art supplies?

All the necessary supplies are provided to you at no cost. New and like-new art supplies are made available for pickup each week from YWCA Greater Lafayette during normal business hours. Simply sign up for a workshop to claim your art supply kit!

Can't make it to the YWCA to pick up your supplies? No problem! All Expressions workshops can be done with paper and pencil or whatever supplies you happen to have on hand. In some cases, supplies can even be mailed to you at home!

How do I sign up?

Follow the link below to register for weekly e-invites to workshops. Reply Yes to any invite to sign up for that week's workshop!

https://secure2.convio.net/ywca/site/SSurvey;jsessionid=00000000.app20103b?NONCE_TOKEN=648D4BAD4C89809E50F647765B3867A14&ACTION_REQUIRED=URI ACTION USER REQUESTS&SURVEY_ID=4684



**All welcome. Registration required.
Call (765) 201 0250 for more info.**

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