

August - December 2024

Art Therapy for Caregivers



Join Kelly Darke, board-certified art therapist with Henry Ford Health's C.A.R.E. Program and iCare4U ERG, for virtual art therapy sessions to feel supported and empowered. All sessions are designed as a tool for self-care, are open to the community and Henry Ford Health employees, and are no cost to you. Using technology, participants may join by calling in from a phone or connecting with a tablet, iPad or computer, no registration required.

Minimal supplies suggested: paper, pen, pencil, and/or colored pencils.

Creative Mindfulness with Art Designed for adults of any age, and features a new project each week. Meets virtually at 10 a.m. and 6 p.m. on most Thursdays.

Digital Art Therapy During these sessions, participants will explore using digital apps for creative expression and stress reduction. All ages and abilities are invited. Meets virtually at 12 p.m.

- **September 18:** Back to School: digital apps that encourage creativity and problem solving the whole family can feel good about.
- **October 16:** Digital Art Therapy and ADHD: apps that can help you focus, plan, and get through your checklist.
- **November 20:** National Family Caregiver Month: digital apps to use with the family member you care for to help with engagement and creative expression.
- **December 11:** Digital Art Therapy for Family Togetherness: using creative digital apps together whether you are in the same room or across the country, these apps can help bring families together.

Art Therapy During Pregnancy Bedrest During this 3-session workshop, you will explore multiple art therapy-based tools which can be added to your self-care routine while you are on bed rest during pregnancy. Meets virtually at 12 p.m. on 10/14, 10/21, and 10/28.

Processing Grief with Art Participants will be guided through creative techniques to help process the loss of a loved one. Meets virtually at 12 p.m. on 11/13.

All times are listed Eastern Standard Time.

We invite you to join our online community of caregivers in our Facebook Group, Henry Ford Health C.A.R.E. Program, to share resources, ask questions, and connect with other caregivers.

Please check the website for the link to join each session or Scan the QR code



Visit [HenryFord.com/FamilyCaregivers](https://www.henryford.com/FamilyCaregivers).

Call 1.866.574.7530 or 313.874.4838
Email CaregiverResources@hfhs.org

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