

# Art therapy group

For those who have experience in seeking asylum



**Art therapy can help to:** Improve sleep and reduce bad dreams | meet new people | reduce stress | build upon hope for the future | share ideas and stories through pictures and talking | meet and understand others with similar experiences | find and share coping strategies

It is a safe, confidential, non-judgemental space with art therapist, Sarah Robinson. Based at The Haven | Montpelier Health Centre Wednesday mornings. Contact Sarah for a referral form  
robinsonarttherapy@gmail.com | 07939764152

