



MAKING MONDAYS

Ag déanamh Dé Luain

Mondays, 12.30 – 2pm

Making Mondays is a weekly, online art therapy group for the Irish community living in Britain. This group offers space to talk, make art and connect with others across different generations.



What is art therapy?

Art therapy (known as art psychotherapy) is a form of psychological therapy that uses creative practices like drawing, painting and sculpture to express thoughts and feelings. It is suitable for people impacted by trauma, isolation, loneliness, worry, low mood and loss.

Art therapy groups can be particularly useful for deepening thinking about cultural and social issues, connecting with others, sharing experiences, expanding self-awareness, developing healthy relationships and growing confidence.

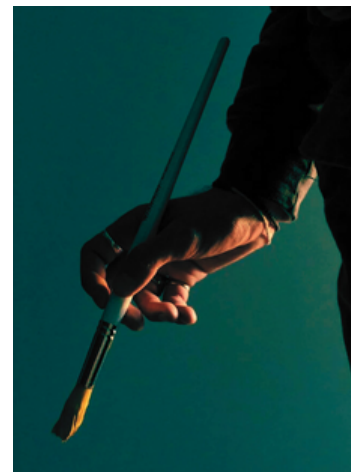
Who is the group for?

Making Mondays is for Irish adults of all ages living in Britain. Open for all 1st, 2nd and 3rd generation, Irish and Irish Traveller Community members. You do not need to have any special skill in art to make use of the group. Some people prefer to express themselves through storytelling, music, poetry, movement and by sharing images and objects. All forms of creative expression are welcome.

What happens in the group?

We meet weekly for 90-minutes. There are up to eight group members. We talk, make art and think together about life experiences. We use zoom so group members need internet access, an iPad or laptop (where they can see the whole group at once) and a quiet room with full privacy and no interruptions.

Now in its fourth year, Making Mondays is conducted a HCPC registered art psychotherapist. Each group member meets with the group therapist individually, before joining. This is an opportunity to talk about what will happen in the group and ask questions.



CURIOUS ABOUT ART THERAPY?

For more information, contact icap on **020 72727906**
or email clinicaladmin@icap.org.uk