

The background features a large, flowing black line that loops around the central text. To the right, there is a vertical strip of colorful, abstract collage images, including a bird, a face, and various patterns. The text is centered on the left side of the page.

LET'S PLAY WITH THE ARTS

A WORKSHOP SERIES ON USING ARTS AS LIFE SUPPORT

Discover and explore self-empowering
techniques for people working in
helping / teaching professions



HOW CAN ARTS SUPPORT MY SELF-ESTEEM?
WHAT IF ARTS COULD CHANGE MY PERSPECTIVE?
HOW CAN ARTS CHANGE MY WAY OF COMMUNICATING?

How can I

write my happiness
fold my imagination
dance my sadness
sing my hopes
draw my anger

?

Discover the arts as a way of expression through easy explorations (including speech, colours, movements, writing, collage)*

*no artistic skills needed, simple arts material required

13.01.25 SELF-LOVE
20.01.25 SELF-EXPLORATION
27.01.25 SELF-PERCEPTION

6:30 – 8:30 PM (CET) - ONLINE

40 CHF/EUR per workshop (100CHF/EUR the three)

Registration : hello@playwitharts.ch

Claudia BLACHA &
(expressive arts facilitator)

Julia ENGELS-ROCHAT
(expressive arts therapist)

