

The background features a large, flowing black line that loops across the top and bottom of the page. On the right side, there is a vertical collage of several triangular and rectangular art pieces. These include a colorful abstract painting with red, orange, and blue; a drawing of a bird with an orange head and green body; a yellow abstract shape with a blue and red detail; a blue and white floral pattern; a large orange abstract shape; a black and white polka dot pattern; a colorful abstract shape with a red and white detail; and a yellow abstract shape with a red and orange detail. The text 'LET'S PLAY WITH THE ARTS' is prominently displayed in the center-left, with 'LET'S PLAY' in purple and 'WITH THE ARTS' in red. Below this, the subtitle 'A WORKSHOP SERIES ON USING ARTS AS LIFE SUPPORT' is in a smaller, dark purple font. A red horizontal line is positioned below the subtitle. The main body of text, 'Discover and explore self-empowering techniques for people working in helping / teaching professions', is in a dark purple font and is positioned to the left of the collage.

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

10.02.25 SELF-LOVE
17.02.25 SELF-EXPLORATION
24.02.25 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)

