

Artmind Therapy



Location

East of England, Norfolk

<https://www.freeadsz.co.uk/x-473555-z>



We're raising £5,000 to Fund an art therapy group for women survivors of sexual abuse. Art therapy is a form of psychotherapy that works with images, creativity and words, and is particularly useful for people who find it hard to verbalize their thoughts and feelings. The overall aim is to enable clients to bring about change and growth by offering them the chance to express themselves in a non-threatening way. Help me raise the money for the needed group <https://www.justgiving.com/crowdfunding/artmind>



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