



The Bungalow Partnership

NON-PROFIT ORGANISATION

# TRAINING EVENT

Friday 4th October 2019

**\*\* Limited Places— Book now to avoid disappointment \*\***

## **Using Art to Soothe and Relax Led by Sarah Parker —Art Therapist Friday 4th October 1-4pm**

**The Bungalow Partnership, Rose Wood Academy Site, The Garth, Coulby Newham, Middlesbrough TS8 0UG**

Learn about the value of using art activities to support the emotional wellbeing of children, young people and adults. Explore how art can be used to help soothe and relax in this busy world we live in. The workshop is experiential, allowing participants to engage in art activities that they can then use with those they support.

### **This training is for you if you want to ...**

- Explore a range of art making activities that support relaxation and self-soothing.
- Understand how art making activities can be used alongside breathing and sensory techniques to enable participants to focus, calm their inner voice and experience art making in a new and invigorating way.
- Engage in discussions about the activities and how they can be used within your individual settings.

Please note that this workshop will involve the use of art materials. Please dress accordingly to be able to fully immerse yourself in the art making experience.

**£60.00 per delegate**

**To book a place please contact  
The Bungalow Partnership.**

**[thebungalowpartnership@gmail.com](mailto:thebungalowpartnership@gmail.com)**

**This training is in high demand and places are limited so  
book early to avoid disappointment.**



***Focused solutions produce big smiles!***



# TRAINING EVENTS BOOKING FORM

## CONTACT DETAILS

Name of School: \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Contact: \_\_\_\_\_ Position in School: \_\_\_\_\_

Authorised by: \_\_\_\_\_ Signature: \_\_\_\_\_

**TRAINING EVENTS £60.00 per delegate** including refreshments

**Using Art to Soothe and Relax : 4th October 2019**

## DELEGATES

**Name**

**Email :**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**TOTAL COST** £ \_\_\_\_\_

**Please return completed booking form to:**

The Bungalow Partnership

Rose Wood Academy

The Garth

Coulby Newham

Middlesbrough

TS8 0UG

Tel: 01642 595363

Email: [thebungalowpartnership@gmail.com](mailto:thebungalowpartnership@gmail.com)

