

# USING ART TO CARE FOR YOURSELF

ALZHEIMER'S ASSOCIATION NEW ENGLAND  
FAMILY CONFERENCE  
FRIDAY MARCH 1ST AT 12:45 PM

*Art Therapists* AT HOME



## Erica Curcio, ATR, LMHC, CDP

Art Therapists at Home PLLC

Art Therapy for people experiencing memory loss North of Boston



# CREATING HOPE WITH ART MAKING

Today the goal is to take what you need from this workshop.

We will all take a break together and create art.

Erica will be creating art on screen for those that would like to watch the art making process.

In this packet you will find a circle template, some inspiration and a place to keep notes.

# CIRCLES

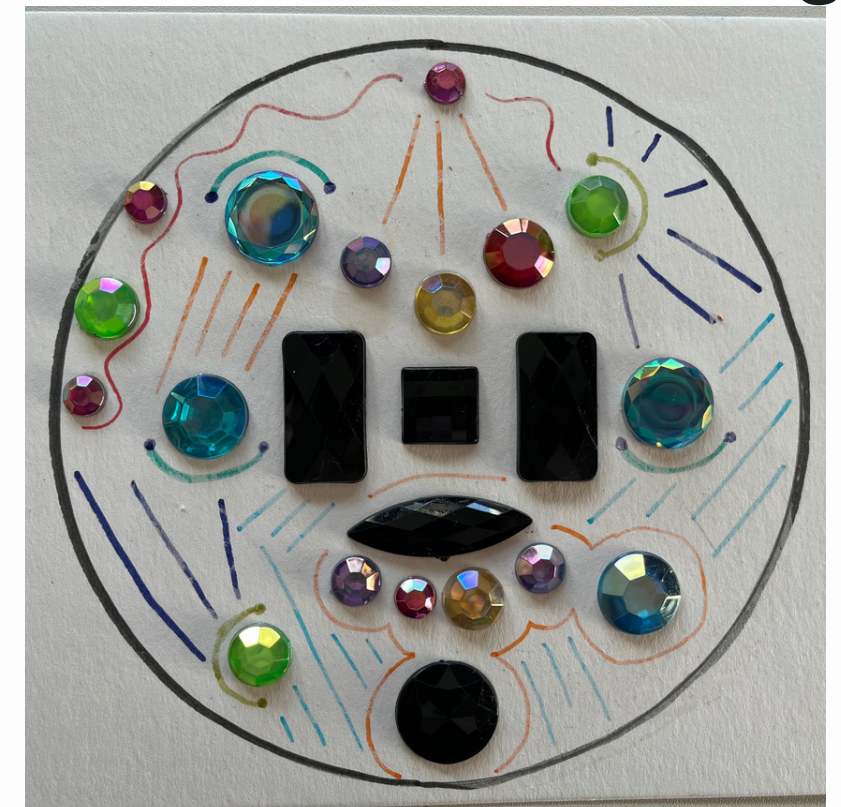
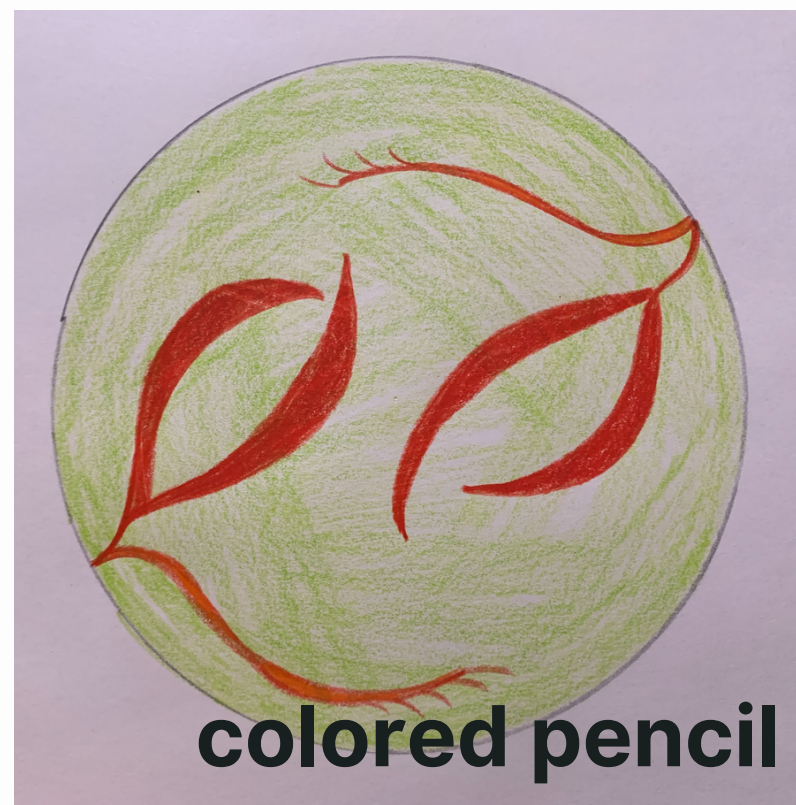
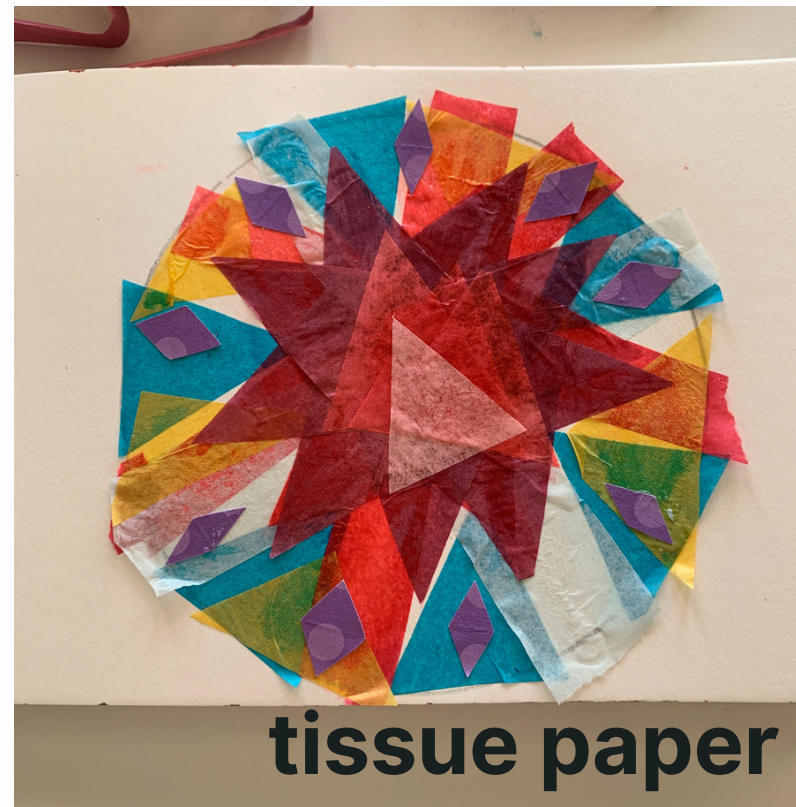


I like to create in circles because they offer a container to create in, or out of. The circle creates a focus for me to start my work.

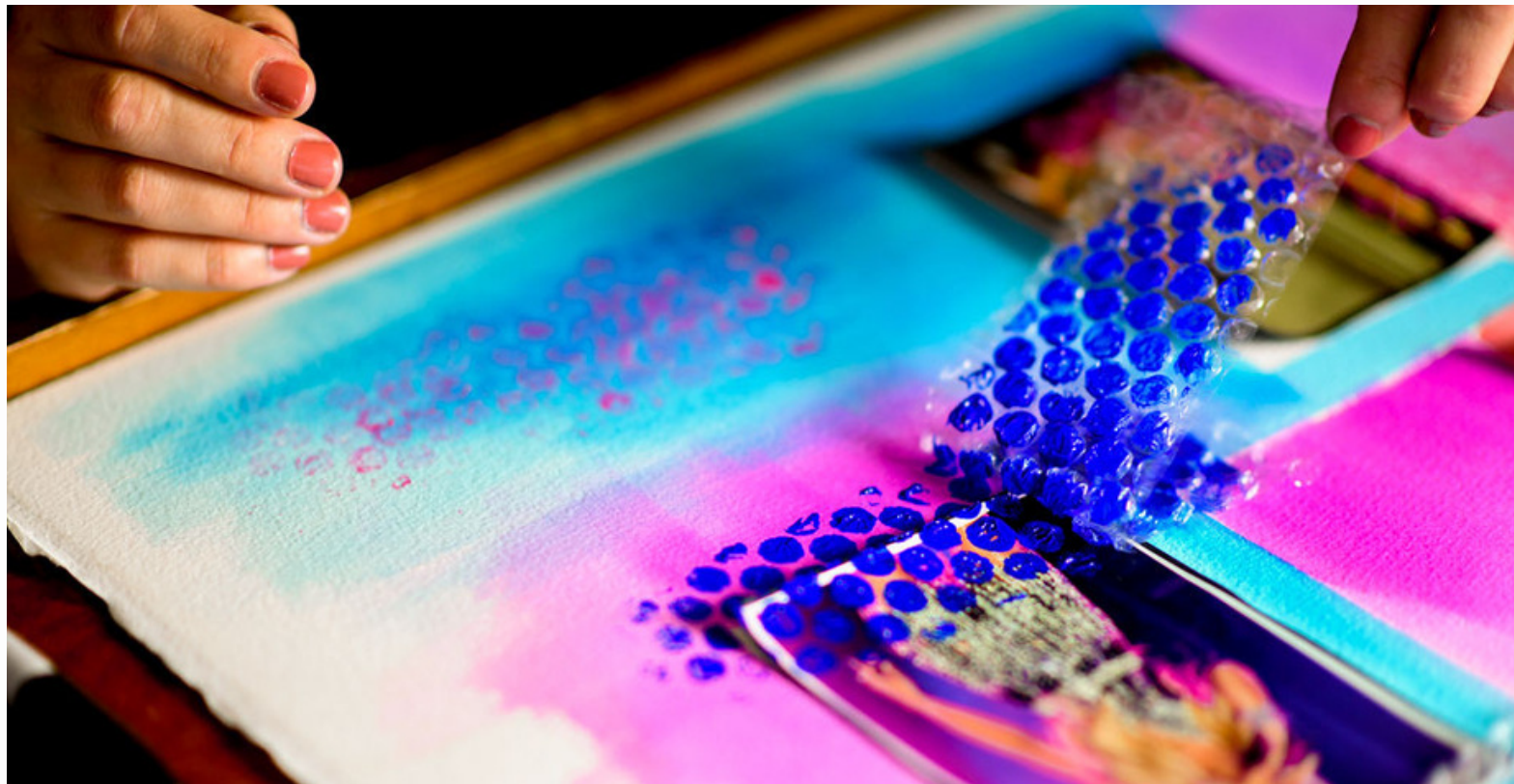
When creating in the circles, I have a goal of taking care of myself. I take breaks in my day or sometimes start my day with circle work. I sometimes start with a specific prompt, and other times I start with "I am" and then let the art supply do the leading.

On the next page I have images of circles I've created with a variety of art supplies. Feel free to use these as inspiration.

# INSPIRATION



# NOW IT'S YOUR TURN

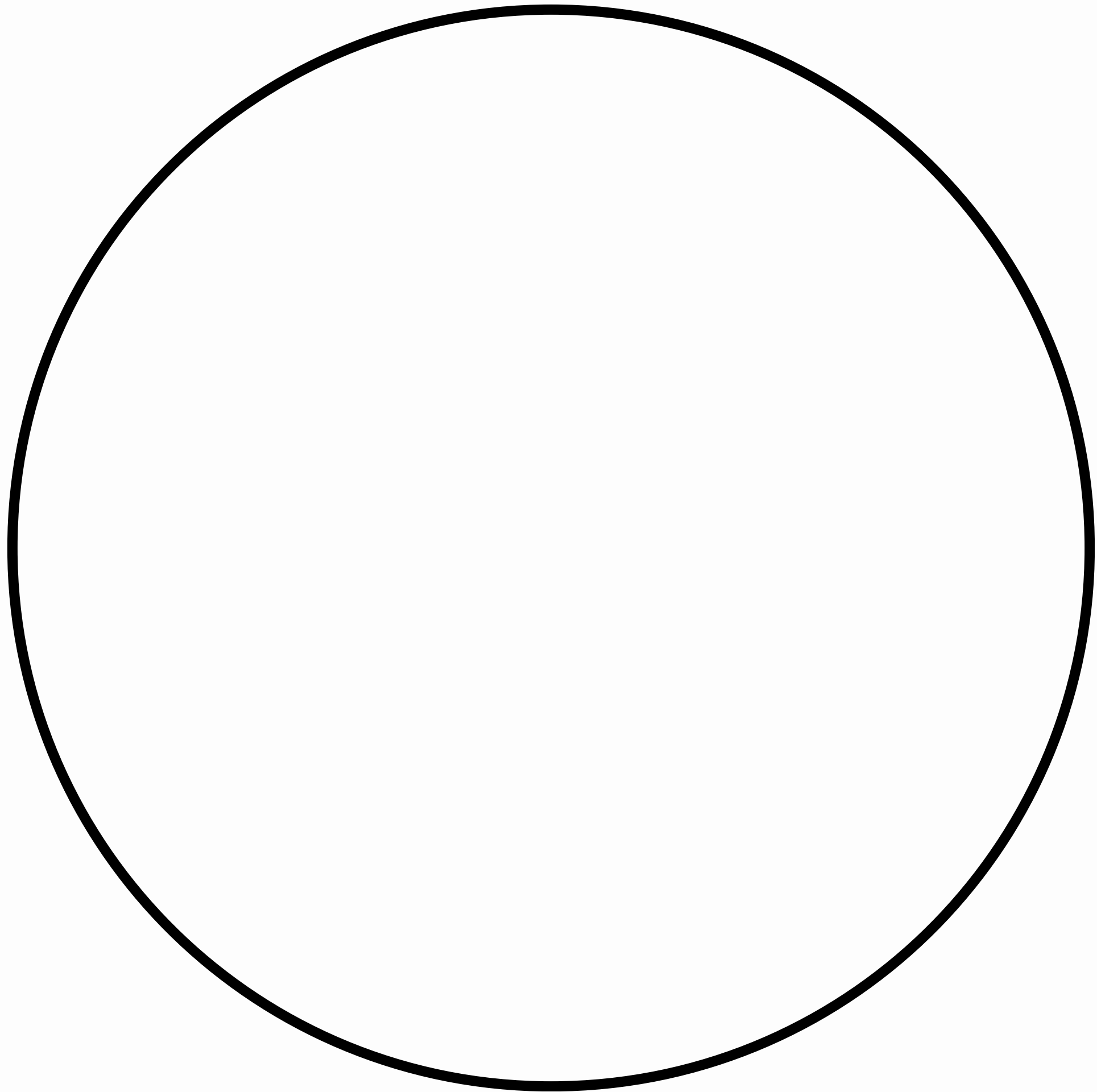


Let's create together!

On the next page you will find a circle already drawn for you. You can use this as your circle for the workshop, or you can trace a circle onto another piece of paper.

If you plan to use watercolors, I suggest drawing your own circle on watercolor paper. This will help the paper from tearing when the water is added.

Is this your first time creating, or does this feel slightly intimidating? Grab a magazine, scissors and adhesive. You can cut out images that speak to you, arrange them on the circle and paste them down.



# NOTE TAKING AREA







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