



Creative
Services

Outreach Catalogue 2023

- 1 Creative Talks
- 2 Therapeutic Art Activities

Experience a **WORKSHOP** or
Journey through a **SERIES**

- 3 Art Therapy
- 4 Training Requests



All income from these engagements goes back to charity.

Reach us at creativehub@samhealth.org.sg.

CREATIVE TALKS



Creative talks focus on sharing practical, lifestyle tips and perspectives that can help anyone improve the quality of their lives. Through advocating a creative mindset, these talks offer a breath of fresh air and invite audiences to take concrete steps towards mentally healthier choices in school, work and life.

40 mins per talk; up to 100 pax.

Talk Titles

Talk Descriptions

An Introduction to Art Therapy

Learn about the role of art in mental health work. Distinguish between using art in therapy and learning art techniques as a tool for intrapersonal communication and expression.

The Art of Slowing Down

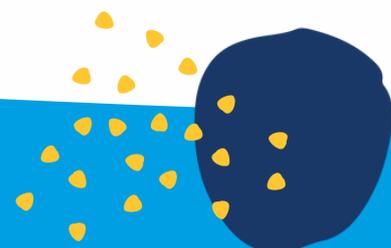
Slowing down is an important skill to develop. As a practice, slowing down can improve your quality of life by focusing on savouring the process. This talk also shares some grounding techniques.

Family as a Work of Art

Referencing elements from family systems therapy, this talk shares about healthy families and how each of us can play a part towards a more constructive and pleasant family experience.

The Wisdom in Imperfection

Wisdom in imperfection says we can embrace our lives, and find renewed pleasure and appreciation. This talk will provide resources that will help you identify your strengths to live a more fulfilled life.



THERAPEUTIC ART ACTIVITIES

Our therapeutic art activities use the process and practice of artmaking, as well as the characteristics of various art mediums, to design art experiences that are educational and therapeutic for participants. Our facilitators are also mental health practitioners who can provide referral to more specialised services that is needed.

Experience a WORKSHOP

1.5 hour per workshop; min. 8, max. 20 pax.



Themes

Workshop Options

Description

MARK MAKING

Get Calm with Mandalas

Let the process of making a mandala to ground you and allow you to step away from stressors and worries.

Get Creative with Doodling

Let the process of doodling allow your unconscious thoughts to surface, so you may increase in self-awareness and joy.

Get Insights with Shapes

Let the process of simplifying pictures into shapes and colours bring you insights about what is most essential to you and your life.

NATURE ARTS

Make Prints with the Sun

Get out to nature to explore a new art form by using sunlight for cyanotype printmaking.

Make Brushes with Twigs

Get creative and resourceful by using twigs to make brushes to create your own artwork.

Make Colours with Flowers

Get curious by experimenting and working with nature by pounding on flowers and fruits to make coloured ink.



Themes Workshop Options Description

**NATURAL
MOVEMENT**

**Mirrors and
Trajectories**

Experience playfulness and communication through activities like human mirror and human trajectory.

**Struggle and
Harmony**

Experience tension and relaxation by engaging in tandem and opposite-direction activities.

**Alone and
Togetherness**

Experience self-expression through drama activities and combine self-expression into group expression.



HOMEBOODIES

Family Recipe

Make and document a family dish that will be passed down through generations as a legacy.

Heart Weave

Make a keychain for one another and share the meaning of what you have created.

Marble Print

Make fun memories together with marbling art using shaving foam, food colouring and sticks.



STORY

**Managing Emotions
with Comic Strips**

Learn how to create a simple comic strip and use the process to help you manage emotions in a difficult situation.

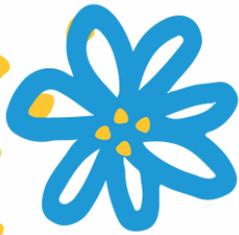
**Healing Wounds
with Poetry**

Learn how to write basic poetry and use the process to express and heal through rhythm and rhyme.

**Storytelling with
Creative Nonfiction**

Learn what creative nonfiction means and use the genre to help you feel free to share the stories you have internalised for a long time.





Journey through a SERIES

A series of six 1.5 hour workshops; min. 6, max. 12 pax.

RESILIENCE

Resilience is about learning how to persevere and care for ourselves through challenging circumstances. Resilience is also about growing our resources so that we can bounce back fast and well through failures and difficulties. We can learn and build our resilience through the engagement in art. These art series invite you to engage with an art form while learning tips on personal resilience. Customisable for youth, young adults, working professionals, families, people in transition, and retirees.

Series Example

Resilience - Coping:

LANDSCAPE IN FRAMES

(This series was created for a group of caregiver-child pairs.)

Series Description

Life isn't always easy and we don't always live in the conditions that we choose. Learning to cope by solving problems, being brave, self-soothing, having practical optimism and humour are important in helping us resist the temptation to be careless in carrying out or abandoning our responsibilities.

This workshop series offers participants the time and space to recuperate from their daily tasks by spending time on self-rejuvenation.

Breakdown of 6 Sessions

- 1) **Colourful Landscapes** - Applying acrylic paint in brushstrokes to help us regulate ourselves and create a scenery of joy.
- 2) **Patterned Landscapes** - Using watercolour and ink to create patterned landscapes as a way to regulate ourselves.
- 3) **Our World in Shades of Grey** - Working with pencil and charcoal, experience creating something from just within the greyscale.
- 4) **An Art within an Art** - To explore our identity as our own and in relation to our child, and to experience this visually.
- 5) **Making Our Own Frame** - Enjoy creating and decorating your own frame.
- 6) **Postcard to Each Other** - With a pair of blank postcards, create a message and memory that you will like to gift your child.



4 ACTS OF LIFE

The 4 Acts of Life - 4 "Daos" - are Gratefulness, Forgiveness, Goodbyes, Love. Things that person need time for, and especially crucial when we get older. Seniors are at risk of developing dementia and depression, and are prone to physical frailty. This series is specially catered to seniors aged 50 and above, with their needs in mind.

Series Options

4 Acts of Life:

TAKE SPACE

(May help to enhance brain stimulation)

Series Description

This series incorporates elements of reminiscence and sensory arts, allowing individuals to create their ideal space using their senses. Sensory stimulation can help enhance individual mental wellness. Through these activities, individuals can tap on their creativity, imagine and visualise a physical 3D space and boost their mental well-being.

Materials include: Coffee powder and spices, craft materials like beans and beads, white glue, Copic pens, pencils, erasers, sharpener, paper towels, scissors, ruler and other miscellaneous items.

Breakdown of 6 Sessions

1. Materials exploration and self-introductions
2. Scenery visualisation of ideal space with oil pastel
3. Using a viewfinder and introducing wet media
4. Exploring objects
5. Cutting out of objects
6. Developing a frame and assembling objects

4 Acts of Life:

REMEMBER

(May help to alleviate moods)

This series engages learners through art making, to facilitate personal reflection and insight about the four acts of life – forgiveness, gratitude, love and goodbyes. These sessions will enable an individual to travel down the path of reminiscence, where they will be able to reconnect with their old memories, people and themselves. The past will then be meaningfully linked to the present and future aspirations.

Materials include: Watercolour paper, colour palette, water bucket, brushes, Copic pens, pencil, erasers, sharpener, paper towels, scissors, ruler and other miscellaneous items.

1. Musical records cover
2. Secret recipe
3. Place from my youth
4. Postcard design
5. An important portrait
6. Time capsule



ART THERAPY

Art therapy is the integration of art and psychotherapy.

It is rooted in the understanding that creative expression can enhance an individual's mental wellbeing, to support the sense making process of different life experiences, which can range from moments of joy and achievements to grief and challenges. Receiving therapy does not necessarily mean that the individual is diagnosed with a mental illness. We have individuals coming forth for therapy because they care for their mental health and recognise the importance of maintaining mental well-being, and most have an appreciation for the art making process. Our professional art therapists are at hand to guide you through difficult life events and towards recovery.

We provide individual, pair (1 hour) or group (1.5 hours) art therapy at our center and within a community setting.

While individual art therapy focuses on personal goals that an individual wishes to achieve, pair and group sessions will be suitable if the pair or group has a common goal or area that they would like to address.

For individual art therapy sessions conducted in school, we recommend a progressive transition of the student towards attending art therapy sessions at the centre instead.

We will encourage individuals to stay committed for at least 8 sessions to see any form of result or progress.

To connect with our art therapists to explore further, email us at creativehub@samhealth.org.sg.



TRAINING REQUESTS

If you will like us to provide training for your staff, volunteers or peer supporters, please email us as indicated below.



Using Arts and Crafts for Working with Seniors (2 x 8hrs)

Through this two-day training workshop, participants get to learn how they can conduct creative arts and crafts sessions to bring about elements of reminiscence. With the use of the arts materials, it will help seniors reconnect back to their past, alleviate their moods and support ADL (Activities of Daily Living).

Email: creativehub@samhealth.org.sg



Trauma-Informed Care in Community (2 x 2hrs)

Customisable to your specific demographic of interest.

This training helps volunteers and peer supporters get a better understanding of trauma that can exist in the community, and how to manage trauma symptoms while supporting people. During the 4-hour workshop, participants are also invited to reflect on personal challenges faced in their journeys.

Email: creativehub@samhealth.org.sg