

SAINT FRANCIS MINISTRIES

Art Therapy



Getting creative with healing

Many children who come to our Salina West campus have experienced severe trauma.

Our Art Therapy program typically serves 40 children a week, four at a time. We work in small groups with a variety of media to build trust and encourage children to feel safe about opening up.

Through Art Therapy, children can learn to process their trauma, manage behavior, reduce anxiety, and build self-esteem.

[Art helps kids heal.](#)



"Art is a place I go to help get my feelings out without having to talk about it."

–16-year-old girl struggling with depression

Art Therapy enables children to:

- Externalize what's happening inside
- Share and talk about their trauma
- Develop empathy
- Regulate feelings
- Improve focus
- Safely express themselves
- Discover they are not alone in their experiences
- Learn that they are not defined by their past

You can help children heal through art by contributing to our wish list:

- **\$20** will buy acrylic paint or sculpting clay
- **\$40** will buy a paper cutter
- **\$60** will buy therapeutic sketch books
- **\$100** will buy clay for a kiln



**Saint Francis
MINISTRIES**

Learn more by calling 800.898.4896

To give online, please visit
SaintFrancisMinistries.org/Foundation

