



Simms/Mann
UCLA Center for Integrative Oncology
Optimizing Wellness

HEALING THROUGH ART: CREATIVE LIFE CHANGES THROUGH ARTISTIC EXPRESSION

The Simms/Mann Center for Integrative Oncology is offering an **Art Therapy Workshop** for individuals who **have or have had cancer**. A variety of art techniques, such as automatic drawing, expressive painting, collage, and cut outs are used to explore topics related to health and life changes. Experimenting with unfamiliar methods and materials can lead to the expression of personal metaphors for loss, bodily changes, new career choices, re-evaluating relationships and an appreciation for life and hope for the future. Group discussion is stimulated when members share their artwork with one another.

**You do not have to be an artist to participate.
Regular attendance enhances the group process.**

This group is facilitated by **Esther Dreifuss-Kattan, Ph.D., ATR**, an art therapist and psychoanalyst who has worked extensively with cancer patients and is the author of "**Cancer Stories: Creativity and Self-Repair**".



When: 8 Wednesdays, 1:30-3:30 pm
SPECIFIC DATES TO BE ARRANGED

Where: Simms/Mann-UCLA Center for
Integrative Oncology
200 UCLA Medical Plaza, Suite 502

There is **no charge** for this group. However, we encourage and greatly appreciate your **donations** which allow us to expand our programs and to continue providing **psycho-social services** at no charge to individuals with cancer.

Priority is given to patients who receive their oncology care at UCLA

For further information or to enroll, please call
Suzanne Levanas, L.C.S.W. at 310-794-6365.