



# FOR EMOTIONAL SUPPORT

## 7-WEEK GROUP PROGRAM

*A gentle seven-week journey in a small circle. We draw, paint, collage, or shape clay—no art skills needed—using art-making as a way to feel, relate and discover, learning ways to slow the breath and soften the day's weight.*

When	Wednesdays, 10:30–12:00
Dates	29 Oct; 5, 12, 19, 26 Nov; 3, 10 Dec
Where	Gemeindestrasse 54, 8032 Zürich
Language	English
Group	Six participants only
Fee	Free of charge

Details/Sign-up



Sign-up

[HERE](#) or please apply on Solinetz website

<https://solinetz-zh.ch/projekte/art-for-emotional-support/>



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