



# 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.*

Details/Sign-up

When	Wednesdays, 10:30–12:00
Where	GZ Hottingen
Address	Gemeindestrasse 54, 8032 Zürich
Language	English
Group	Six participants only
Fee	Free



Sign-up

Scan the QR now, or visit the Solinetz website to apply  
<https://solinetz-zh.ch/projekte/art-for-emotional-support/>



**solinetz**



**gz hottingen**

