

# ARTS

**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**

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



**Sign-up**

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



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