

TCI Pontiac – Art Therapy Light Cather



The Art Experience



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175 South Saginaw Street
Pontiac Michigan 48342

Audra Pieknik – Executive Director

P: [248-706-3304](tel:248-706-3304)

E: audra@theartexperience.org

Sun Catcher Instruction guide

Group art-based therapy is good for:

1. **Peer Support and Understanding**
2. **Creative Expression and Self-Discovery**
3. **Building Confidence and Self-Esteem**
4. **Emotional Outlet and Stress Relief**
5. **Learning and Inspiration from Peers**

