

# Parkinson's Art Therapy Support Group

*Northwestern Medicine, in partnership with Belmont Village and Institute for Therapy Through the Arts, is happy to bring you our Parkinson's Art Therapy Support Group.*

**Date: 3<sup>rd</sup> Monday of each month in 2021**

**Time: 10:00-11:00 AM (CT)**

**Location: Zoom**

**Cost: Free**



Art therapy is a mental health service, facilitated by a credentialed art therapist from ITA, where participants will use various art forms and materials to explore feelings, strengthen mind-body connection, and engage with a supportive community.

A packet of art supplies will be available to registered participants at no cost.

Space for the group is limited. RVSP Required.

Please contact Erin at [erin.cecchi@nm.org](mailto:erin.cecchi@nm.org), if you are interested in joining.

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