

# WORKSHOP MENU

In-person workshops offered within the NYC vicinity



## PAINT WORKSHOP New!

Choose a color that reflects your current mood. Paint freely or follow guided prompts on your own blank canvas, using a vibrant range of acrylics or watercolors.

\*Painting workshops include a surcharge

## INTUITIVE DRAWING

A relaxing drawing activity that encourages mindfulness and stress reduction, where participants can get lost in the work. Ideal for a lunch break or between meetings.



## TOUCHSTONE TAKEAWAYS

Search through magazines, books, comics, and more to select and assemble a meaningful takeaway. Created individually or together, this exercise serves as a tangible reminder of a shared feeling or experience, kept on your desktop or in your pocket.



Contact [kate@thearttherapyproject.org](mailto:kate@thearttherapyproject.org) or 212-592-2755 for inquiries

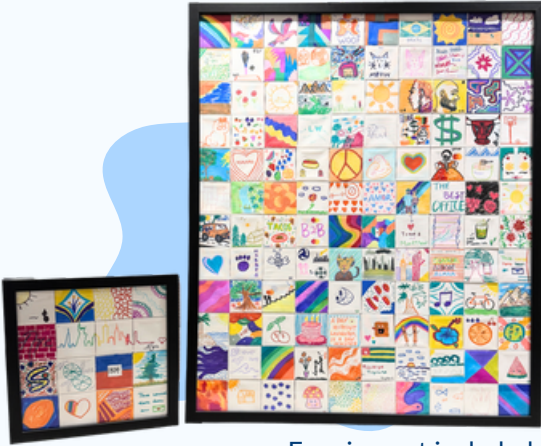
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## TEAM MURALS

A meaningful way to showcase participant artwork and teamwork with a guided art therapist prompt. Murals can become a permanent installation that drives focus to any shared space.

\*\*Pricing varies



Framing not included

Popular!

## STRESS-RELIEF SAMPLER

Begin with a sensory activity intended to bring participants into the present moment, followed by mindful pen doodling and exploration with chalk or oil pastels to deepen focus and flow. The workshop concludes with creating personal touchstones, as image searching invites shared conversation and reflection.



## HAVE A WORKSHOP IDEA IN MIND?

We'd love to host it for you. Reach out to explore additional options and pricing.



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# WORKSHOP RATES

Rates are based on a 60-minute session and include 1–2 Art Therapists (based on group size), with all art supplies provided. Additional surcharges apply for larger groups and extended session lengths.

A 30-day advance booking notice is recommended as we may not be able to accommodate shorter notice.

|  | Up to 14<br>Participants      | 15-24<br>Participants         | 25+<br>Participants |
|--|-------------------------------|-------------------------------|---------------------|
| Rates For<br>Corporations                                  | Starting At<br><b>\$1,000</b> | Starting At<br><b>\$1,800</b> | Contact Us          |
| Rates for<br>Non-Profits<br>Operating Over<br>\$1 Million  | Starting At<br><b>\$750</b>   | Starting At<br><b>\$1,200</b> | Contact Us          |
| Rates for<br>Non-Profits<br>Operating Under<br>\$1 Million | Starting At<br><b>\$575</b>   | Starting At<br><b>\$750</b>   | Contact Us          |

\*A \$10 per-person materials surcharge and a \$100 transportation fee apply to all painting workshops.

\*\*Mural pricing varies based on scale.

For workshops outside the greater NYC area, please explore our virtual options.



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