

WORKSHOP MENU

Virtual workshops, anywhere, any time (EST)



TEAM-BUILDING

Together but Apart

Popular!

Artistic prompts invite both individual and collaborative expression, encouraging connection in creative and engaging ways. This workshop offers space to pause, decompress, and recharge, while highlighting self-care and peer connection as valuable supports in navigating the demands of work.

STRESS-RELIEF

Begin with a sensory activity designed to bring participants into the present moment, followed by a drawing exercise that encourages mindfulness and stress reduction. As focus deepens, participants become immersed in the art process, before being invited back for optional reflection and discussion.



HAVE A WORKSHOP IDEA IN MIND?

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



Contact kate@thearttherapyproject.org or 212-592-2755 for inquiries



WORKSHOP RATES

Rates are based on a 60-minute session and include 1-2 Art Therapists (based on group size).

Supplies are not included as workshops are designed to incorporate everyday items commonly found at home. We can provide a curated list of suggested materials for you to purchase in advance, if requested.

Additional surcharges apply for larger groups and extended sessions.

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

	Up to 12 Participants	13-24 Participants	25+ Participants
Rates For Corporations	Starting At \$600	Starting At \$1,200	Contact Us
Rates for Non-Profits Operating Over \$1 Million	Starting At \$450	Starting At \$850	Contact Us
Rates for Non-Profits Operating Under \$1 Million	Starting At \$350	Starting At \$455	Contact Us



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