

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 or 212-592-2755 for inquiries

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In-person workshops offered within the NYC vicinity



Framing not included

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**

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 Participants	15-24 Participants	25+ Participants
Rates For Corporations	Starting At \$1,000	Starting At \$1,800	Contact Us
Rates for Non-Profits Operating Over \$1 Million	Starting At \$750	Starting At \$1,200	Contact Us
Rates for Non-Profits Operating Under \$1 Million	Starting At \$575	Starting At \$750	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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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?

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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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