

PARENT & INFANT ART THERAPY GROUP

When and where

Where: Across North and South
Bristol Children's Centres

When: Thursday afternoons

How often: course of 8 sessions -
contact & register with Mothers for
Mothers if you are interested in
attending.



Aim of the group

- To provide a safe space for parents to express and explore feelings and experiences using creative tools.
- Build confidence, self-worth and noticing strengths as parents.
- Use the art making as a way to create opportunities for and support a warm connection between parent and infant.



EMMA LUNT
SESSIONAL ART
PSYCHOTHERAPIST



JESS COX
SESSIONAL ART
PSYCHOTHERAPIST

If you are interested

Contact Ruth Short at
therapy@mothersformothers.co.uk OR
01179359366

Before we can offer you a place in the group, we will arrange a time to speak and think about whether you feel this group is right for you, and your needs, hopes and expectations.

Infants need to be aged between 3months-
24months