

# THERAPEUTIC ART COURSE

FREE PREVIEW



TEMPLATES

Art is a safe and gentle way to help you externalize and transform the pain of grief and loss - no previous art experience needed!



## LEARN TO:

- Understand your feelings
- Develop new healthy (and creative) ways to cope.
- Move through grief and find happiness again



## EXPLORE ART

Explore a variety of mediums like paint, watercolor, and paper collage. No previous experience is necessary.



Got your thoughts and feelings out onto paper!

PROJECT *Grief*



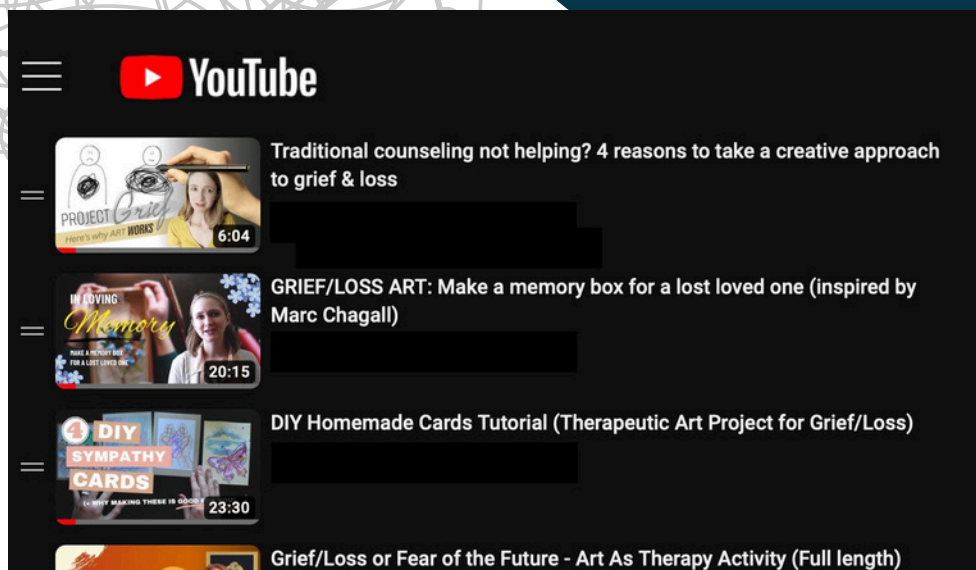


FREE Tutorials lead you step-by-step to through each art exercise.



## HOW THIS FREE PREVIEW WORKS:

Everything is on YouTube - No logins or gimmicks here! Simply grab a cup of coffee and the art supplies listed in each video description, grab some tissues, and hit play.



**FULL PLAYLIST HERE**

[HTTPS://TINYURL.COM/GRIEFARTPLAYLIST](https://tinyurl.com/griefartplaylist)



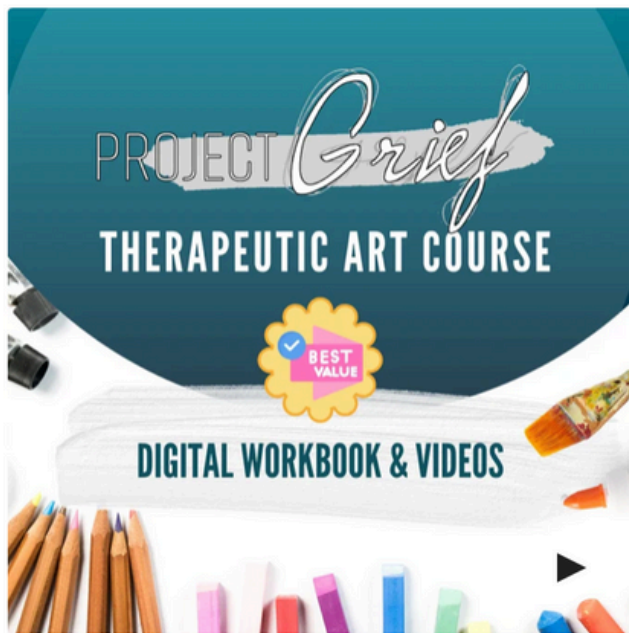
7 FREE Printable templates are included in the following pages.



# GET THE DIGITAL WORKBOOK

40% OFF WITH COUPON CODE

No excuses, no frustration. Extra help for your grief-art journey awaits!



Art Therapy Course, Grief Intervention...

**\$23.99** ~~\$39.99~~ (40% off)

- MORE printable **templates**
- **10 activity pages** with each project lined up for you (*with supplies lists, video links, and more*).
- **Illustrated introduction** on exactly how art helps you on your grief journey.
- A giant art supplies **shopping list** (*with budget-friendly options!*)
- Helpful **tips for beginners**
- How to **adapt Project Grief** to personal and clinical settings.
- + **BONUS permission slip and certificate of completion**

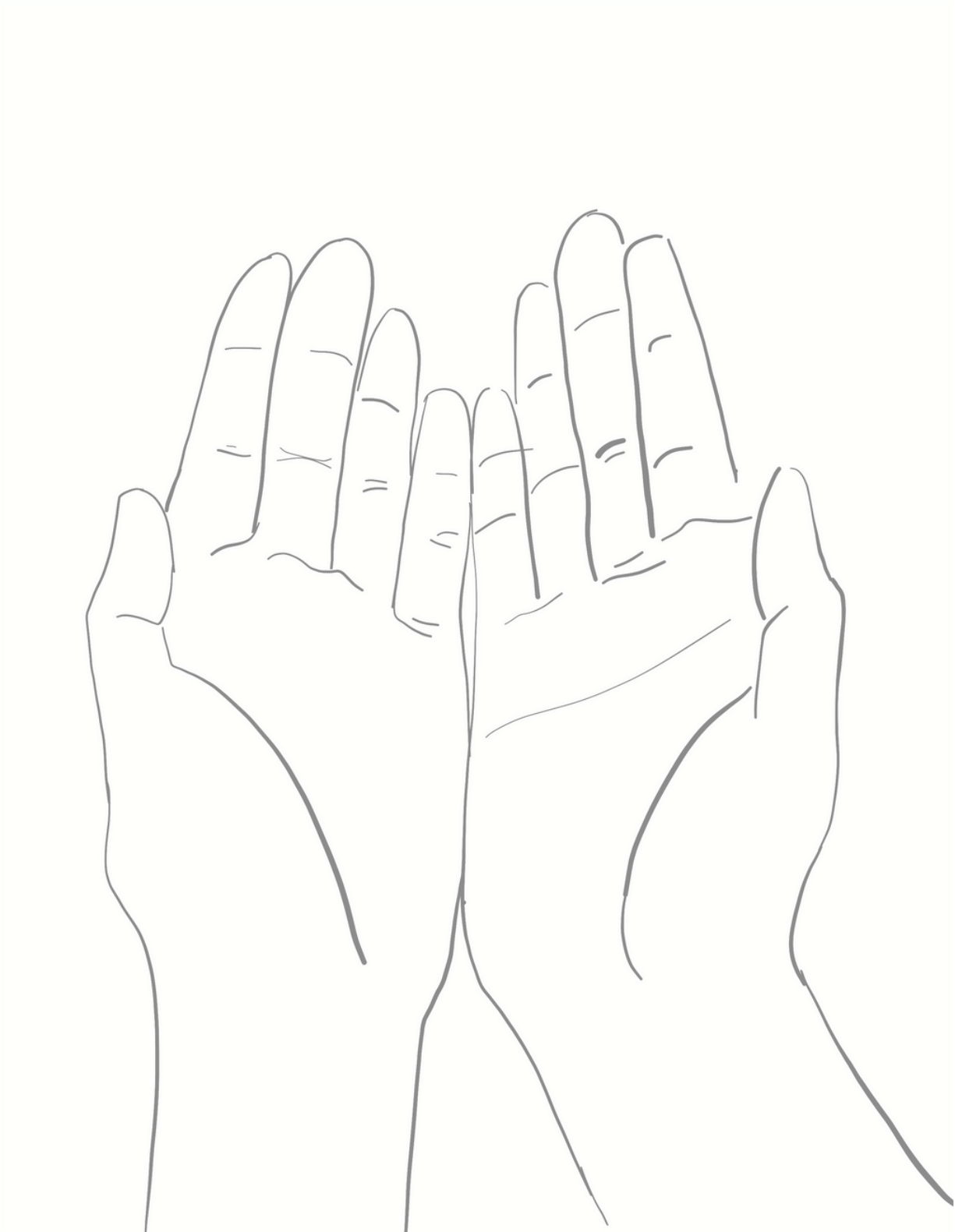


<https://danicatheartist.etsy.com?coupon=WORKBOOK>

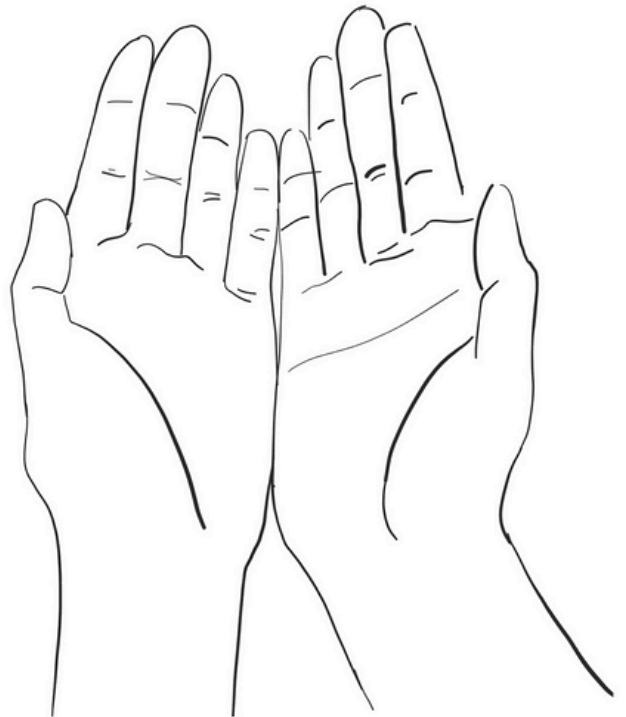
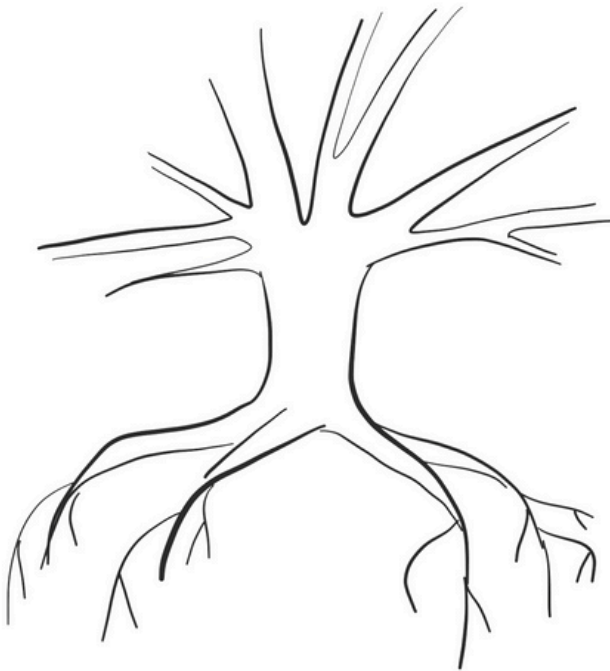
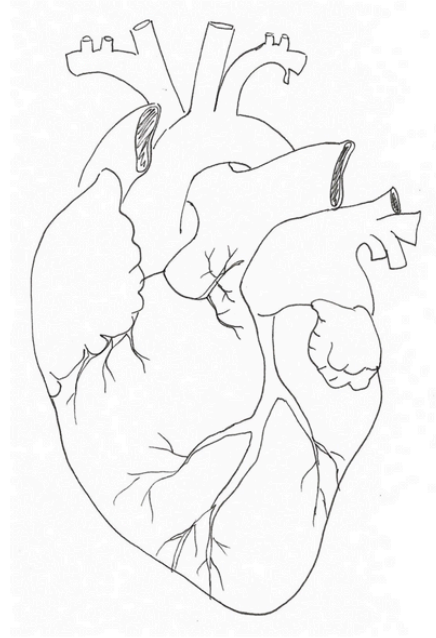
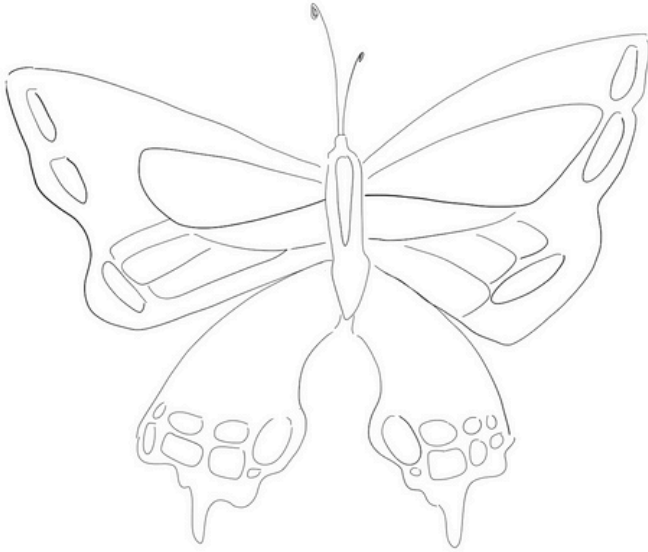
Follow this link or enter promo code **WORKBOOK** at checkout.



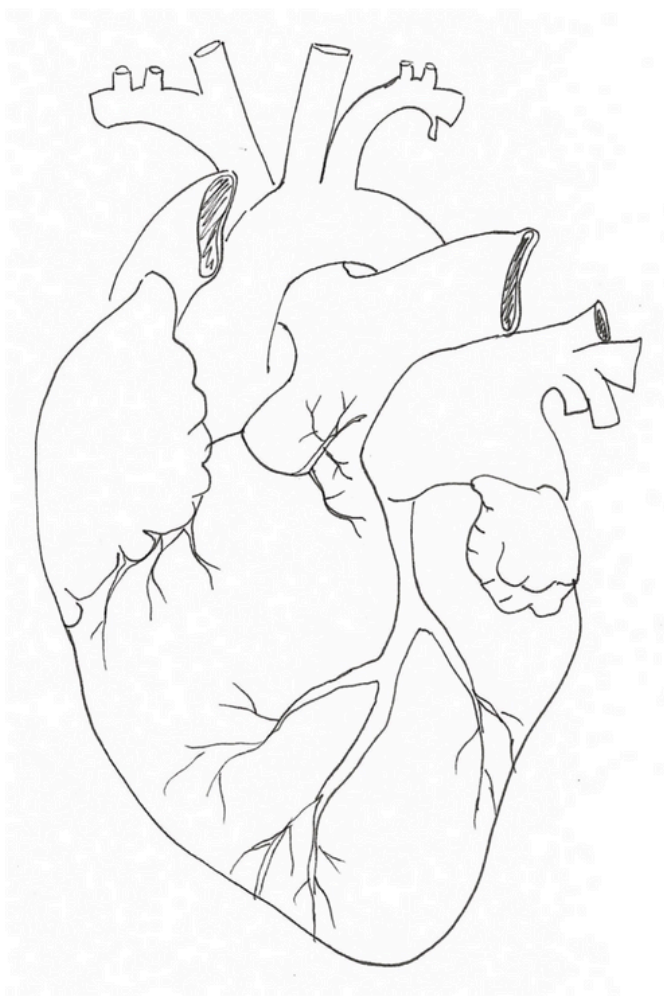
# **"Make A Memory Box"**



## **“DIY Homemade Cards”**

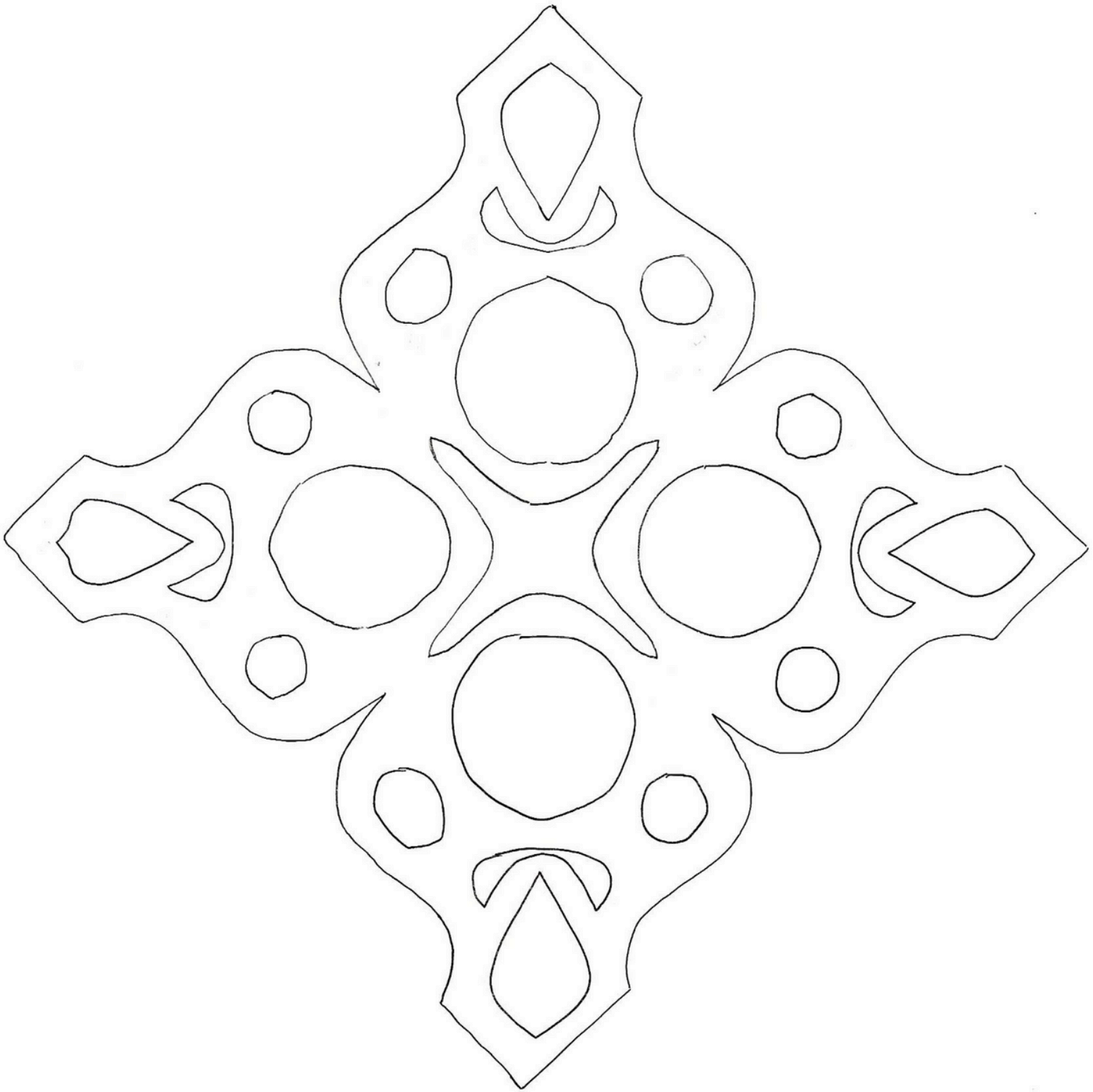


**"Tears Are OK"**

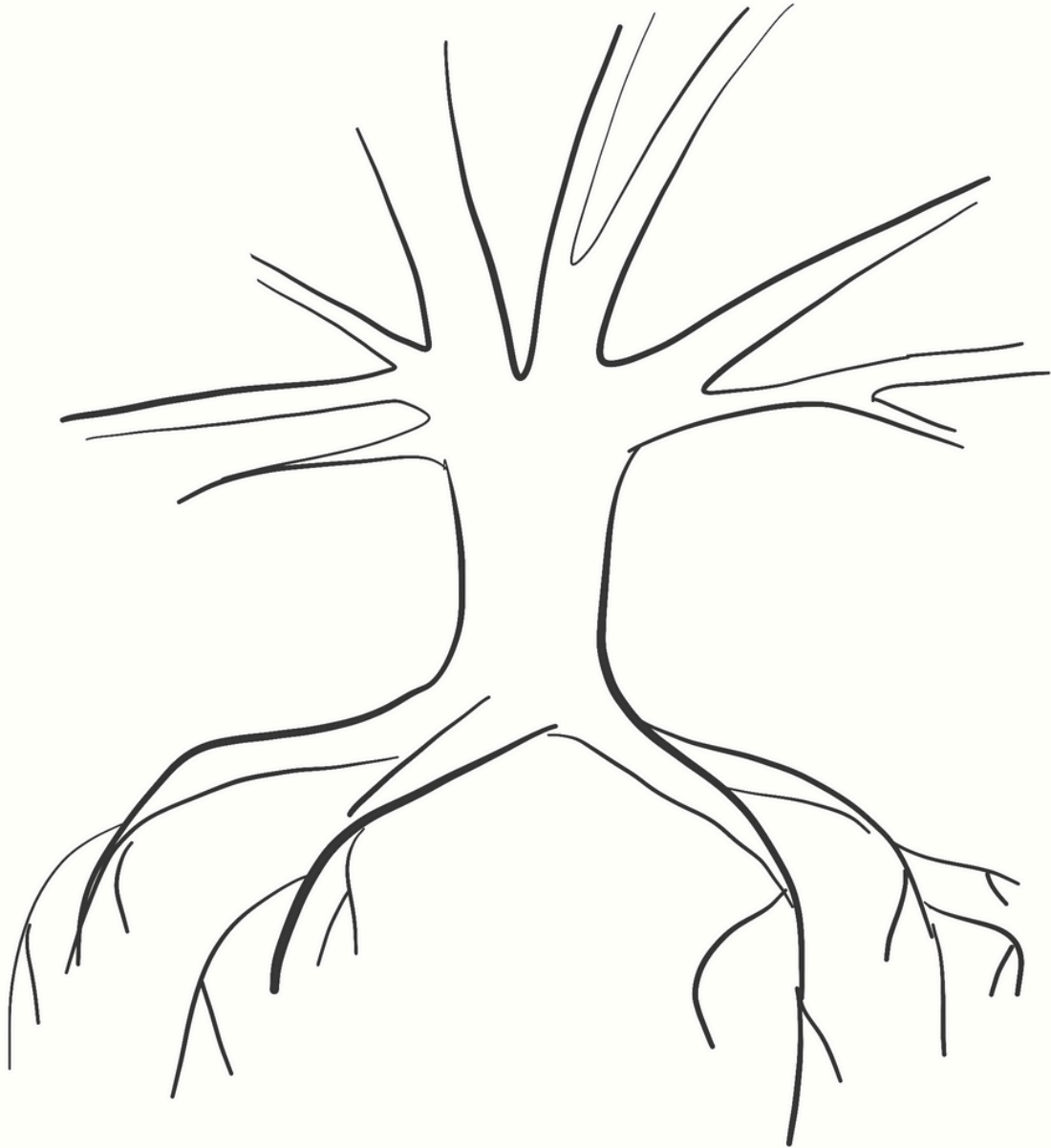




# **"Why Am I STILL Grieving?"**

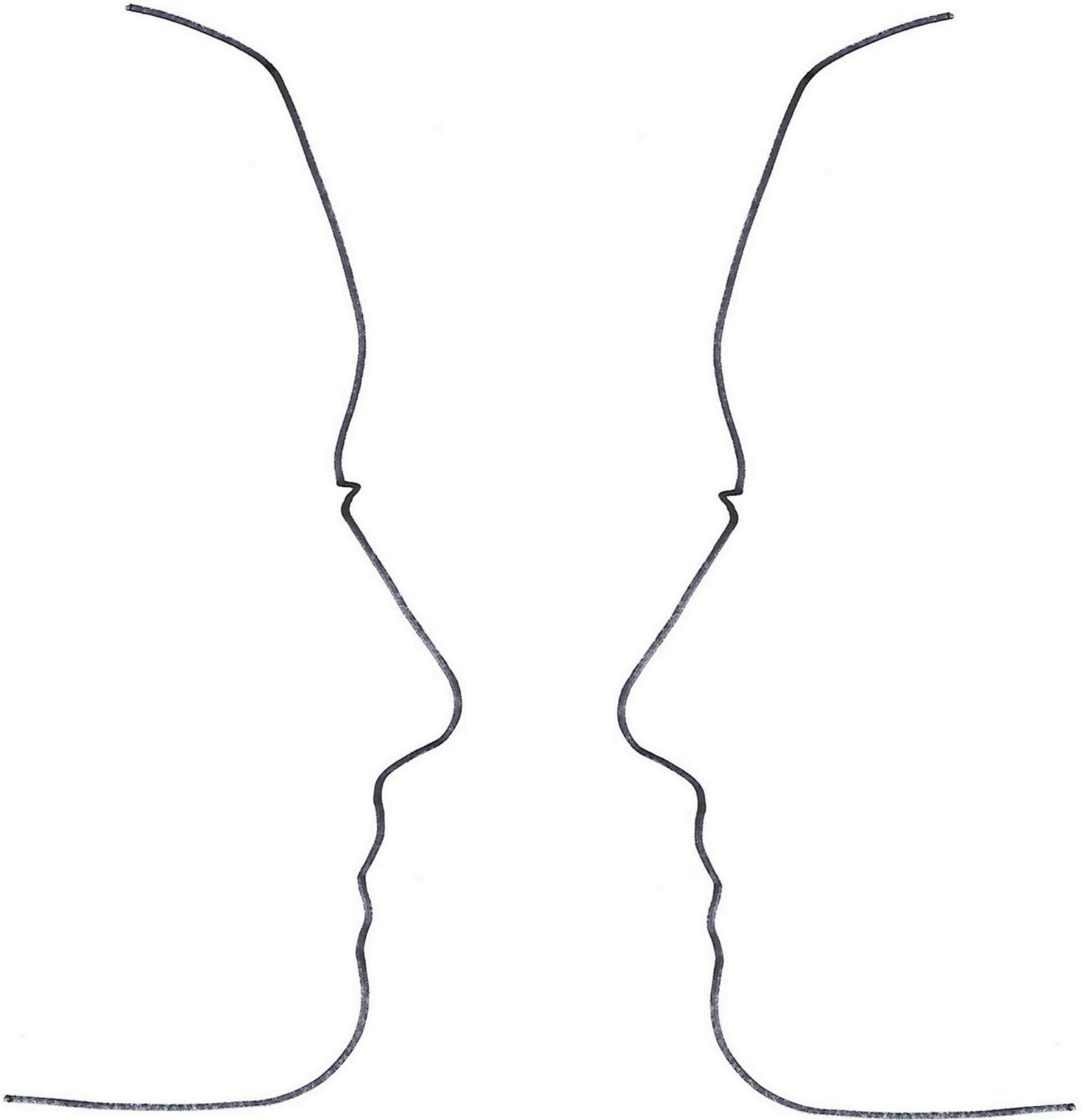


# "Seasons of Grief"





# **"You Are Not Your Grief"**



## “Color & Emotion Portrait”

