

Special Education Parent Teacher Association Presents

**Mindful and Artful Parenting:
The Therapeutic Use of Art to Strengthen Our Children's
Social Emotional Well-being**

“Art washes away from the soul the dust of everyday life” — Picasso

The process of drawing, painting, or constructing is a complex one in which the child brings together diverse elements of his/her experience to make a new and meaningful whole. In the process of creating, the child gives us more than a painting, picture, or sculpture. The child gives us a part of him/herself. The process of making art connects to the inner life and experiences of every child, and these art experiences tap into feelings, creative needs, and cognitive structures that are changing at each phase of a child's development.

This informational session will focus on answering questions such as:

- What is mindfulness and what is art therapy?
- How are art and mindfulness connected?
- How can art and mindfulness help the social emotional well-being of both the child and parent?

All are welcome! Bring an open mind and a creative outlook. If you are interested in attending, please register at rsvpforsepta@gmail.com.

**Monday, May 13, 2019
Annual Meeting 7 PM
Somers Middle School Library**

About Our Speaker: Lynn Cukaj is a registered, board certified art therapist with a master's degree in education. She has worked in the field of art therapy for over 20 years and has been teaching preschool for seven years. Lynn has experience working with all age groups in both community-based programs as well as inpatient and outpatient psychiatric settings. Her goal is to bring art to every child as a way to express emotions and find their own sense of creativity.

***The SEPTA Annual meeting will begin promptly at 7 PM. We will vote on the slate of officers for next year's SEPTA Executive Board and budget. *Mindful and Artful Parenting* to start immediately afterward.

Questions? Email: jnnfrelliott@hotmail.com

<https://www.somersschools.org/SEPTA>

