

ART THERAPY



White Plains Hospital Center for Cancer Care offers **Art Therapy** as part of its integrative services program. This program is an extension of the Art and Activity Cart which provides an array of crafts and activities including: knitting and crocheting, origami, and journaling books which are **free of charge to patients, caregivers, and families**. Anyone can benefit from art therapy as it does not depend upon prior training, talent, or experience.



Art therapy uses creative art activities such as painting, drawing, and collage to **promote personal exploration, alleviate stress, increase relaxation, allow for choice, empowerment, a sense of control, or simply to have a fun diversionary experience**. Craftwork might involve developing your own creation or following step by step instructions. The coloring of preprinted images, for example, may provide some of the benefits of mindfulness meditation. Art Therapy can help you to envision yourself as a creative person who is open to new possibilities.



The Center for Cancer Care Art Therapy Program is overseen by a licensed creative arts therapist. Individual sessions may be scheduled per patient request, and monthly groups will offer opportunities to explore various media and themes.

For Art Therapy workshop dates, please see WPH Center for Cancer Care Calendar of Events.

For additional information, or to call for an individual session, call 914-681-2279 or 914-849-7500.