



LATIMER COMMUNITY ART THERAPY

3rd February 2022

Dear KAA Parents and Carers,

Latimer Community Art Therapy (LCAT) have been working in KAA since September 2021 and as part of children's mental health week 7 – 13 February 2022 we will be running *open art therapy groups*.

These groups will be open to any young person that wants to attend and will offer a space for young people's thoughts and feelings they will be facilitated by Susan Rudnik and Miriam Kilpatrick (LCAT Art Psychotherapists). The groups will be child led so any material that the young people want to discuss will be ok. There will be a range of art materials available and creativity and expression through art will be encouraged.

There has been a great deal of changes in young people's lives throughout the pandemic and much missed opportunities for socialising, play and group working. These groups will offer some space for all of these things in the supportive environment of school.

As these will be therapy groups the work will be held confidentially, and the purpose and boundaries of the group will be fully explained to young people attending. With any follow up support available in school as required.

Along with other activities in KAA over children's mental health week we will assume consent unless otherwise indicated to the school. If you DO NOT want your child to attend an art therapy open group please email susan.rudnik@lcat.org.uk.

Miriam and I are available to discuss anything about the groups or art therapy on Mondays and Fridays in KAA.

Sincerely,

Susan Rudnik

A handwritten signature in black ink, appearing to be 'S. Rudnik', is placed below the printed name.

Susan Rudnik

Founder and Co-Director | HCPC Art Psychotherapist & Clinical Supervisor

Latimer Community Art Therapy

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