

Creative Connections

Overview: A Social Skills Group Art Therapy Programme

Creative Connections empowers children and youth with special needs to interact and build meaningful relationships with others.

Making art is a natural way for participants to communicate and express themselves. It is an enjoyable and safe way for children and youth to come together to learn and practise a variety of social skills such as active listening, conversational skills, turn-taking, perspective-taking, problem-solving and teamwork.

**6 - 12
years old**

Understanding
Myself &
Others

**13 - 15
years old**

Exploring
Boundaries &
Points Of View

**16 - 21
years old**

Navigating
Through
Society

Group Pre-requisites

- Individuals with special needs
- With or without formal diagnosis

*Group Intake Assessment is within
2 weeks of registration.*

**Financial Assistance is available
for eligible applicants.**



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Making friends can take time and practice for children with special needs. With encouragement and reinforcement of social skills, children will learn about their body language, emotions, and practise working with others through fun and creative activities.

Parents and caregivers are invited to participate in the sessions, where they will witness their child's learning process and be empowered to continue their child's social development at home.

**6 - 12
years old**

Understanding
Myself &
Others

General Themes

- Making friends
- Understanding my body
- Regulating my emotions
- Defining my personal boundaries and relating to others
- Working together as a team

Group Size

Online: Min. 3 youths

In-person: Min. 3 youths*

Fees

\$80 / session

Payable in blocks of 6 sessions

Duration

1.5 hr weekly

6 weeks (up to 24 weeks)

**Subject to prevailing safety advisories*

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The teenage years may be a challenging time of development for youths with special needs as they enter secondary school and deal with physical and emotional changes due to puberty. Creative Connections supports youths with social skills as they search for their personal identity and find their place in the world.

The group will be equipped with social skills to make new friends, work in a team and resolve conflicts to help them deal with more complex social situations in their lives.

**13 - 15
years old**

Exploring
Boundaries &
Points Of View

General Themes

- Understanding other's point of view
- Feeling a sense of belonging
- Respecting and asserting personal boundaries
- Working together as a team
- What makes me, me!

Group Size

Online: Min. 3 youths

In-person: Min. 3 youths*

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\$80 / session

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Maturing into young adulthood involves major transitions, forming new relationships and entering new social environments. Creative Connections empowers youths and young adults with social skills that will enable them to lead their lives with confidence and care.

The group will explore emotions, identity, and practise complex social interactions through peer support and group art-making processes.

**16 - 21
years old**
Navigating
Through
Society

General Themes

- Self-confidence, self-compassion and self-worth
- Respecting and asserting personal boundaries
- Navigating social media
- Sustaining friendships
- Respecting differences
- Exploring self-expression

Group Size

Online: Min. 3 youths

In-person: Min. 3 youths*

Fees

\$80 / session

Payable in blocks of 6 sessions

Duration

1.5 hr weekly

6 weeks (up to 24 weeks)

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