

KALEIDOSCOPE

At **Kaleidoscope School of Fine Art**, we know that being creative can be fun AND helpful. Our weekly Art Therapy classes offer the opportunity for creativity and wellness.

In our “Creative Coping” class for teens, students learn how to use art to help cope and to regulate emotions.

In the “Art as Therapy” studio, adults create art for self-expression, relaxation, and personal growth. Our weekly classes are taught by Art Therapist, Suzie Newman, from Be Well Counseling and Wellness.

Our “Keep Calm and Be Creative” workshops will focus on using art to manage anxiety. These workshops are through a grant from the Barrington Area Community Foundation and a partnership with Samaritan Counseling Center.



Kaleidoscope School of Fine Art
316 W. Main Street
Barrington, IL 60010
847-381-4840
kaleidoscopeart.org



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