

THE HELEN B. LANDGARTEN ART THERAPY CLINIC

Department of Marital and Family Therapy with a Specialization in Art Therapy

LMU's Helen B. Landgarten Art Therapy Clinic, through a generous grant provided by the Catholic Schools Collaborative, will provide **FREE** art therapy & mental health counseling to selected Catholic schools in the Los Angeles region. The goal is to promote Social & Emotional Learning that increases communication, coping skills & decision-making skills to better support learning outcomes.



Art therapy requires no artistic skill. It provides clients or families with the opportunity to process emotions, behaviors & problems non-verbally through symbolic art making. Additionally, making art is stress reducing and therapeutic. It is highly successful with children & teens as well as families.

Art Therapy Services

Provided remotely via Zoom or at school for:

**Anxiety
Depression /
Sadness
Anger
Frustration**

**Individual child
therapy
Group therapy
Family counseling
Parent support**

**Pandemic support:
Grief counseling
Support for anxiety,
fear and feelings of
uncertainty**

To participate, please complete form.