

ART CENTER

The Benefits of Art Therapy

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help resolve issues as well as develop and manage behaviors and feelings, reduce stress, and improve self-esteem and awareness "The art therapy approach deals with the concept of art as a powerful means of expression and communication.

WRITING AREA

Benefits of Journal Therapy

Journal Therapy is the act of writing down thoughts and feelings to sort through problems and come to deeper understandings of oneself or the issues in one's life. Journal therapy focuses on the writers internal experiences, reactions; it relieves tension, increases communication skills, helps develop self-esteem, provides a better perception of life, and clarifies life goals.

TYPES OF CREATIVE THERAPY

- + Art Therapy
- + Drawing Painting Sculpting
- + Exercise and Team Sport
- + Promotes physical and mental well-being
- + Aids with insomnia Reduces Depression Improves Self-esteem



Benefits of Music Therapy

Music Therapy can be used passively as a medium to relieve anxiety and depression through listening or as an active and creative therapy by playing, singing, or writing music.



THE 10 BENEFITS OF READING

- Reading is an active mental process
- Reading improves our vocabulary
- Reading gives us a glimpse into other Cultures and places of the world
- Reading improves concentration and focus
- Reading builds self-esteem
- Reading improves memory
- Reading improves discipline
- Reading improves creativity
- Reading reduces boredom, and
- You will have something to talk about

COMPUTER TECHNOLOGY

The Importance of Computer Technology in the Classroom

Technology offers ways of individualizing instruction to meet the needs of diverse learners and can offer opportunities to individualize instructions. Technology applications and activities that lead to expanded opportunities for learning can also help adult learners acquire the skills and mastery of tools to support independent, lifelong learning

HORTICULTURAL GARDEN

The Many Benefits of Gardening

- ✚ Build Mathematical Skills
- ✚ Learn About Science
- ✚ Enhance Social Interaction
- ✚ Develop Cognitive Skills
- ✚ Improved Quality of Life
- ✚ Neighborhood Beautification
 - ✚ Conservation
 - ✚ Better Eating Habits