



ANUBHAV POSITIVE PSYCHOLOGY CLINIC

ART THERAPY WORKSHOP

11th September 2026

Training Trails from Anubhav presents an experiential 3-hour Art Therapy Workshop designed to provide a safe and creative space for self-exploration, emotional expression and healing.

You don't need to be an artist—this workshop is not about creating perfect art; it's about connecting with yourself. Through simple, guided creative activities, participants will explore their emotions, thoughts and inner experiences in a supportive environment.

What You'll Explore

- Managing everyday stressors
- Healing the relationship you have with yourself
- Understanding and managing trauma triggers
- Mindfulness and self-awareness
- Getting to know the voices in your head

Whether you are looking to understand yourself better, express what words cannot, or simply take some meaningful time for yourself, this workshop offers an opportunity to pause, reflect, express and heal—at your own pace.

No prior art skills are required.



TRAINING TRAILS FROM ANUBHAV
PRESENTS WORKSHOP ON

ART THERAPY



A space to understand yourself better,
express what words can't, and
heal from within.

TOPICS YOU WILL EXPLORE



Managing everyday stressors



Healing the relationship
you have with yourself



Understanding and managing
trauma triggers



Mindfulness and self-awareness



Getting to know the voices
in your head



WHY YOU SHOULD JOIN THIS WORKSHOP?

- ✓ No art skills needed.
- ✓ This is not about making art, it's about **you**.
- ✓ A safe and supportive space just for you.
- ✓ Express, reflect and heal in your own way.



DURATION
3 HRS



FOR FURTHER DETAILS,
PLEASE CONTACT
THE NUMBER BELOW



FOR WHOM?
Anyone who wants to
understand, express and heal.



LOCATION
14/B Maharaja Nanda Kumar Road
Flat Number- 1 (First Floor,
Lake Market, Kolkata,
West Bengal 700029



You deserve this time for YOU.

Come, give yourself the care and
space you've been waiting for.
We'd love to have you with us. ❤️



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