



Art Therapy for Parkinson's Disease

**Second Friday of every month
11:00am - 12:30pm**

The Forum (Cupertino, CA)
Arts & Crafts Room

In partnership with:



Stanford
M E D I C I N E

Connecting Through Art is a creative arts program that offers people with PD the space and ability to express feelings, emotions, and daily concerns through drawing and painting. This program provides a supportive and therapeutic environment that encourages participant reflection as they participate in art activities that help strengthen fine motor movements.

The Stanford-CTA* program is open to any adult who has been diagnosed with Parkinson's disease and their care partners. **The program is free, however, registration is required.** Participants do NOT need to purchase art supplies to participate.

To register or for additional information, please contact Alena Smith at (310) 863-8108 or alena@stanford.edu

Art instruction provided by Christine Hirabayashi, Ph.D., LMFT, ATR-BC

**APDA Connecting Through Art, in partnership with Stanford*