

Sessions will be
in-person.
All Covid-19
prevention
measures will be
in place

DRAMATHERAPY GROUP AT PARIVARTHAN

Parivarthan is inviting children (ages 8 - 12) to be a part of a dramatherapy group. Dramatherapy is a creative process to help children:

Manage anxiety

Form and maintain relationships with other children/adults

Manage emotional and behaviour challenges

Make new relationships

Address emotional/relational impact of the Covid-19 pandemic

Through stories, play, games, drama and movement

DATES AND TIME: Weekly on all Saturdays between 3.00 PM to 4.15 PM starting 20th November and ending on 18th December

**VENUE: Parivarthan Counselling Training and Research Centre
No. 3310, 8th Cross,
13th Main, HAL 2nd Stage, Indiranagar,
Bengaluru, Karnataka 560008**

The group size will be limited.

To participate, email us at:

parivarthanblr@gmail.com

Cost: Rs. 4000 per participant for 5 sessions

About the facilitator:

Arjun Khera, M.A. has trained in Drama and Movement Therapy (United Kingdom route). He has extensive experience in working with children and adolescents to manage emotional and behavioural challenges and relationship dynamics.