Parents of Differently Wired Kids
Familias de niños que piensan diferente

Art therapy

A creative way to explore feelings and experiences



What is it?

Art-making and reflection with a trained art therapist, guided by personal therapeutic goals.



Who might it suit?

Children, teens and adults seeking support with emotions, stress, confidence or difficult experiences.



Why can it help?

Images, colours and shapes offer another way to express what feels hard to put into words.



What can sessions look like?

Drawing, painting, clay or collage—with time to reflect, talk or create quietly.



For autistic children

Offer choices. Adapt textures, tools and pace to sensory needs. Follow interests and allow breaks.

You don't need to be good at art.

The focus is expression and understanding, with a trained professional.