

## Sometimes words aren't enough

- Has your child suffered a significant loss or experienced trauma?
- Is your child displaying signs of sadness, frustration, withdrawal and/or anger?
- Does your child struggle to find the right words to express him/herself?
- Are you worried about your child?
- Do you want to help your child?

If you answered “yes” to any of the above questions, read on – there are solutions. Since 1980, Elke has been helping young people ages 3 - 20, express themselves in a unique way, which helps them lead happier lives.



*“I had to come early to see what my kids were so enthused about.” ~father*



*“Painting is my favourite – because we were painting our feelings. I’m not crying as much anymore.” ~girl age 7*

## Finding a new way for our children

Expressive Arts helps children explore their world using their senses. Sessions vary according to your child’s needs and preferences, and include:

- **unique musical instruments from across the globe**
- **interior sand-box play with miniature fantasy and life-like figurines**
- **live animals, visits to local petting farm and animal shelter**
- **clay, quality paint, brushes and pastels**
- **puppets and toys**
- **dress up and games**
- **connection with nature**

The individual sessions are designed to encourage your child to freely share his/her stories with Elke, in their way, without being confined by the boundaries of language. It is a way to explore feelings that might be blocked otherwise. All sessions are confidential.

## Expressive Arts can help your child with:

- finding a way to communicate painful and difficult issues
- feeling more settled after a major transition
- healing and self esteem
- a generally improved mood
- finding new hope in their situation
- easier access to their feelings
- self awareness and confidence
- feeling less frustrated
- learning to release anger in an appropriate and healthy way

## There's support for you too

Elke is available to support you with your questions and concerns.

She will consult with you on a regular basis to share how sessions are going and to share the essence of the experiences your child is having.



*“The thing I discovered about myself is that I don't have to be afraid to tell people how I feel.” ~girl age 14*



*“Christopher had a wonderful time. I have never seen him so relaxed and happy.” ~parent*

**Even if your child is in other forms of counseling, or trying talk therapy at this time, you may find that Expressive Arts Therapy can help him/her in noteworthy ways.**



*“Sometimes sad turns into mad” ~boy age 9  
(his own conclusion after painting this piece)*

**As an Expressive Arts Therapist, Elke’s goal is to help people enhance their lives and build their resilience by empowering them with their innate creativity, in the most loving and effective way possible.**

*“I could see a very big change in Mary. It is just so wonderful to see. I feel like I have my daughter back. She is definitely happier and she seems to be coping much better.” ~mother*



Elke Scholz, MA, EXAT, is a well known artist and an Expressive Arts Therapist. She is a doctoral candidate for Expressive Arts Therapy, Coaching, Consulting and Education. She holds a post graduate certificate in Expressive Arts with Fleming College, a Diploma as an Expressive Arts Therapist (EXAT) from ISIS Canada and a Master’s in EXAT at the European Graduate School, Saas Fee, Switzerland. She is a member of OACCPP and IEATA.

Elke has been helping youth since 1980. Her research is in attachment and trauma using Expressive Arts. Elke’s work involves young people and focusing on building their strengths. Elke facilitates the youth grief and loss recovery program that she designed and developed for Hospice Muskoka.

Her acute awareness and high sensitivity are tremendous assets for her clients and make her unique in her field. Elke works well with teams of Educators, Doctors, Social Workers and other service providers.

Elke has spent 30 years painting, art coaching and managing her successful art studio in Canada. As a writer most of her life, she has had her work and articles published in over twelve national magazines and books, along with her book, "Loving Your Life".

**For further information about Elke Scholz, Expressive Arts, Private Sessions, Seminars, Retreats and Educational Programs, call or email for appointments, [escholz@vianet.on.ca](mailto:escholz@vianet.on.ca)**

**705-646-2300**

**[www.elkescholz.com](http://www.elkescholz.com)**

*Funds may be available to cover the costs of Art Therapy, i.e. some insurances and community groups. Please feel free to ask Elke about local resources.*

**•Art Therapy•  
When words  
are not enough,  
empower  
your child  
with art.**



photo by Jennifer Jilks

**Elke Scholz** MA

**Art Therapist**

• ART COACH • KEYNOTE SPEAKER • AUTHOR •  
30 years experience

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