



Sheraton Caregivers is a therapeutic homecare agency located in Westport, CT serving all of Connecticut and into Westchester County, NY.

At Sheraton, we believe in a holistic approach to care, that's why we have Expressive Arts.

Our Expressive Arts therapies are complimentary to our homecare clients. These therapies include: Art Therapy, Music Therapy, MnemeTherapy, Pet Therapy, Massage Therapy, and Yoga. All led by trained/certified professional therapists.



Audra D'Agostino, MAAT, ATR-P, is Sheraton's

Expressive Arts Director and Art Therapist. Audra is trained in Fine Arts, specializing in Graphic Design and printmaking, but also enjoys painting and mixed media. She also holds a Master's Degree in Art Therapy and is certified in MnemeTherapy. To learn more please visit our website at www.sheraton.care.

Virtual Live Art Therapy Series: Found Objects *Creative expression, at home.*

Found Objects: Rock Painting

Date: Friday, April 3, 2020

Time: 11:00

Materials Needed:

- Found rocks from your yard
- Acrylic paints or craft paints or colorful sharpies
- Small brushes
- Water

Paint and relax with Art Therapist, Audra D'Agostino, as we explore material in nature and create a Zen experience by painting. Audra will lead you in rock painting to aide in relaxation and the feeling of being centered during this trying time. This will be a safe space for all to join and feel support and a sense of connectivity and togetherness.

Found Objects: Family Tree of Strength

Date: Friday, April 10, 2020

Time: 11:00

Materials Needed:

- Drawing paper (or computer paper or any craft paper) any size
- Pencils or colored pencils or crayons

Let us honor those around us who give us strength and support. Art Therapist, Audra D'Agostino, will lead this group to give us space to relax, be grateful, and focus on the good. Gather any drawing materials you have on hand - paper, pencils, colored pencils, you can even raid your children's craft corner to find some crayons! Let's use what we have and not worry about the end-product. This group is about being present and creating.

Found Objects: Safe Place

Date: Friday, April 17, 2020

Time: 11:00

Materials Needed:

- Anything you can find around the house - some ideas include:
- Paints
- Colored pencils
- Clay
- Pencils
- Crayons
- Drawing paper
- Cardboard / scissors / tape



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Right now, everyone wants to feel safe. Explore the feelings and ideas around being safe with Art Therapist, Audra D'Agostino. Grab whatever materials you have around the house. There is no wrong answer when it comes to making art.

Found Objects: Zentangle

Date: Friday, April 24, 2020

Time: 11:00

Materials Needed:

- Any type of paper
- A pen or thin sharpie

Together, let's calm down and take a deep breath. Zentangle drawings are used to calm and relax oneself. Join Art Therapist, Audra D'Agostino, where she will explain the benefits of zentangling and show different techniques. Learn something that will support you in your journey to feeling a sense of calm and control during stressful and hectic times.

Found Objects: Collage

Date: Friday, May 1, 2020

Time: 11:00

Materials Needed:

- Magazines
- Glue + scissors
- Paper or poster board (any type/size, 9x12 or bigger is best)

Do you have old (or new) magazines laying around? Perfect! Let's recycle those into an artwork that describes your vision for the future. It is good to live in the present, but also good to know your future goals and aspirations. Tomorrow is a new day; how do you want to spend it? Join Art Therapist, Audra D'Agostino, for a clearer vision towards a better tomorrow.

Audra D'Agostino can be reached at:
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