



Dallas Art
Therapy

VETERAN ART THERAPY

\$0

**NO INCOME
REQUIREMENTS**

6 - 12 Free Art Therapy Sessions

Offered online or in person at our Richardson office

- Who's Eligible?
 - Veterans, dependents, and surviving spouses who live in Texas
- What We Offer
 - Individual Art therapy sessions
 - Evidence-based therapeutic approaches tailored to military and veteran experiences
 - Access to group art therapy options
- What Are the Benefits of Art Therapy?
 - Helps manage stress, anxiety, and depression
 - Supports coping with PTSD, MST and trauma-related challenges
 - Fosters self-expression and emotional healing
 - Encourages creative problem-solving and personal growth.

BOOK NOW

📍 2007 North Collins Blvd. #411 Richardson, TX 75080

☎ 972-544-6633

🌐 www.dallasarttherapy.org

This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families. For more information, visit www.tvc.texas.gov.

