

## RECREATION THERAPY CREATIVE ARTS

"Art enables us to find ourselves and lose ourselves at the same time." -Thomas Merton

## INSPIRE. CREATE. ELEVATE. CONNECT. EMPOWER. GROW. EXPRESS. DESIGN. IMAGINE. DISCOVER.



Available with Recreation Therapy: \*Creative Writing \*Expressive Arts \*Photography \*Materials \*National Veterans Creative Arts Festival \*Goal Development

Why should you consider getting involved

Recreation Therapy is a Clinical Service offered with the purpose to improve an individual's functioning. Recreation therapists help Veterans develop physical, social, cognitive, leisure, mental health, and community goals. These tools and methods can impact and boost your lifestyle, promoting a sense of value, purpose and meaning.

## •WANT MORE INFORMATION? •HAVE QUESTIONS? •READY TO GET STARTED?

REQUEST A RECREATION THERAPY CONSULT BE PLACED BY YOUR VA PRIMARY CARE PROVIDER

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