

Workshop Series

Workshop 1

ART THERAPY FOR SELF-CARE

This course introduces the implications of self-care and directs learners to varying self-care techniques through art-making. Learners will acquire the techniques required to reflect on their own emotional needs and well-being, especially if they are caregivers of people with special/physical needs. Through group art experientials, analysis of case studies and social learning, opportunities will be given to learners to share experiences, exchange perspectives, develop empathetic understanding and garner social support from the community.

Workshop 2

CREATIVE TOOLS FOR CAREGIVERS

This course aims to help caregivers enhance their knowledge of caregiving towards people with special needs, as the topics of this course allows learners to learn about the different factors that contribute to the holistic well-being of persons with special needs.

Learners will explore various art media and creative processes, to be used as tools to effectively communicate and enhance the well-being of persons with special needs. Through facilitated group learning activities, learners will be provided opportunities to examine and discuss their first-hand experiences in caretaking, develop empathetic insights and support from a community that shares similar experiences

Workshop Fees

	Fees	Fees (After NSA Subsidy)
Art Therapy for Self Care	\$450	\$239.72
Creative Tools for Caregivers	\$450	\$239.72

Subsidies Available

SkillsFuture Credit (Applicable to Singaporeans 25 years old and above)
National Silver Academy (Applicable to Singaporeans 50 years old and above)
Union Training Assistance Programme (UTAP - Applicable to NTUC Member)

Workshop Schedule

Classes are offered in Jan, Mar, Jul and Sep and are conducted in person or via online. Please refer to website for the updated schedule.

About the Trainer

Yoko Choi

A former architect from Hong Kong, Yoko relocated to Singapore in 2013. In 2014, Yoko volunteered at a local organisation which served children and adolescents with cancer. She was also involved in community art services, supporting children with adverse childhood experiences, and people with special needs, chronic illness, cancer, and physical challenges. These rewarding experiences led her to pursue a MA Art Therapy programme at LASALLE.

In 2018, she executed a pilot art programme for adults with diverse special needs in collaboration with Nanyang Academy of Fine Arts. She continues to provide art education, mentorship, curation, and wellness programmes in educational and rehabilitation settings.

As a visual artist, Yoko's practice reflects on human experiences and societal issues. She is the winner of the 2016 UOB Painting of the Year, Most Promising Artist in Singapore, and will exhibit her works at the 36th Annual International Dream Conference in the Netherlands in 2019. Yoko's artworks have also been shown in group and solo exhibitions at Art Stage Singapore, UOB Hong Kong Art Space, Singaplural and Art Apart Fairs.

Registration Details

Scan to find out more details on course and registration details



For enquiries, please contact Centre for Lifelong Education
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