



When and where?

The group runs for 10 weeks on Thursdays between 10.30 and 12, in a safe, non-public space at Dundee Contemporary Arts, 152 Nethergate DD1 4DY

How can I join?

Your Health visitor or Family Nurse can refer you, and you'll have a visit from one of the team to talk more about it.

Any questions?

Tay.infantmentalhealthteam@nhs.scot

DCA

Dundee Contemporary Arts

Parent and Infant



Art Therapy Group



<https://sites.dundee.ac.uk/artatthestart>

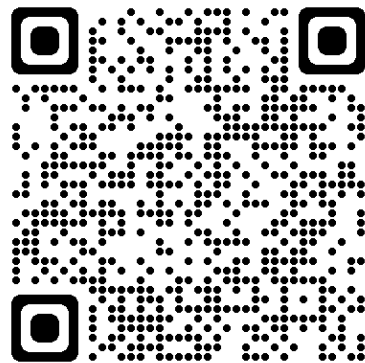
What does art therapy offer?

Making art together can support bonding with your baby

It is a fun and playful way to help you get to know your baby better, to understand and respond to what they want to let you know.



Click on the QR link to watch a video showing why babies enjoy making art together



FAQs

Who's the group for?

The group is for babies (aged 0 to 3 years), and their mums, dads, caregivers or kinship carers – the important relationships in a wee one's life.

All the art materials are safe for supervised babies and toddlers



Who runs the group?

An Art Therapist from DCA and Clinical Psychologist from NHS Tayside's Infant Mental Health team

