

# Around the Circle

A Monthly Newsletter from Community Support Services



April 2020

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## With Day Programs Closed, CSS Brings Art Therapy to Individuals.

These days we are missing the day-to-day routines we were used to, and the individuals CSS serves are no different.

Before the coronavirus outbreak, residents volunteered or worked, and attended off-site Day Programming. So, to maintain a bit of their normal routine the Lyons Place residents were treated to their first ever virtual Art Therapy Class.

Cassandra Krcmar, CSS' Community Arts Manager, held the class through the use of Zoom and a fellow staff member was around the kitchen table with residents to help out as needed.

**“This was new territory, so I didn’t know what to expect. But I was surprised by the enthusiasm. Five of the residents decided to participate.”** says Cassandra.

The project used shaving cream and paint. Shaving cream was a likely choice because all the residents are male, so shaving cream is something they already have in their home. The housemates showed great team work and were eager to learn.

It is more important than ever to continue to bring valuable programming to our participants. They thrive on social interaction and structure – so the staff’s ability to adapt is really important during this time.

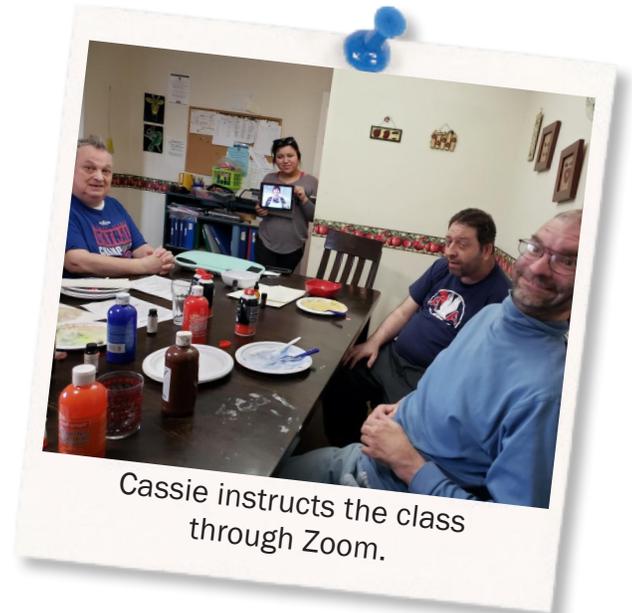
### The Difference Between Art and Art Therapy

Art therapy is different than a traditional art class. Throughout the project, artists are asked how they feel while creating their art and what challenges they might be facing. Expressing and processing these thoughts and feelings are the main purpose of the experience.

Now that the virtual art therapy was a success as Lyons Place, Cassie is hoping to provide the class to other CSS group homes several times each week.

For more information on future virtual activities offered through CSS, please email [ccolucy@cssservices.org](mailto:ccolucy@cssservices.org) to express your interest.

To donate supplies please email [development@cssservices.org](mailto:development@cssservices.org) or call 708-688-2180. Supplies needed include washable paint, clay, oil pastels, canvases, etc.



Cassie instructs the class through Zoom.



The Lyons Place guys were happy to show off their finished project.

### OUR MISSION

CSS is a private nonprofit agency that initiates, provides and promotes services for people with intellectual/developmental disabilities and their families, within their communities, in order to strengthen their independence, self-esteem and ability to participate in and contribute to community life.