

Express Yourself

creative therapy at Express

is a great communication tool for autistic young people who are both verbal and non verbal /struggle with verbal communication as we use various creative approaches to therapy including art, music and play.

We also use techniques that are based in helping children and young people with sensory difficulties using items such as kinetic sand, slime, essential oils and cloth/material.

Express Yourself - a wonderful way to forge new relationships, social connections and bond with others who understand their struggles and needs.

small groups and 1:1
charges apply

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