

CYPRUS RESEARCH ON ART CLUBS

- One art club in Cyprus is “MBAT4SENIORS” - “Mindfulness Based Art Therapy As Effective Tool To Improve Mental Health Of Seniors In The Context Of COVID19 Pandemic MBAT4Seniors” The main goal of the MBAT4Seniors project is to give adult educators, who work with seniors, comprehensive materials on using MBAT to help improve the mental health of people aged 65 and older during the COVID-19 pandemic. MBAT (Mindful-Based Art Therapy) 4 Seniors is a Cyprus-based organization that focuses on enhancing the well-being of seniors through creative arts and mental health practices. The program integrates art therapy techniques with mindfulness practices, aiming to improve emotional and psychological well-being among older adults. By engaging seniors in artistic activities, such as painting, drawing, and other creative expressions, the initiative promotes self-expression and helps alleviate symptoms of anxiety and depression. The mindful aspect encourages participants to stay present, fostering a sense of calm and reducing stress. Overall, MBAT 4 Seniors seeks to create a supportive community where seniors can connect, express themselves, and improve their mental health through the transformative power of the arts.

WEB: <https://standoutedu.com/projects/mbat-4-seniors-erasmus/>

Facebook page: <https://www.facebook.com/mbat4seniors/>



- There are also several organizations and individuals, such as the “Nefeles Art Therapy Center”, that are offering services that use art to aid people, particularly children, in expressing emotions and improving their mental health. These therapies have shown benefits such as increased self-esteem and improved psychological stability, particularly for those dealing with trauma, disabilities, and chronic health conditions.

Facebook: <https://www.facebook.com/nefeles.arttherapy/>



Art Therapy classes for making Women with cancer feel more powerful

Βιωματικό Εργαστήριο Εικαστικής Θεραπείας για Ενδυνάμωση Γυναικών με εμπειρία καρκίνου



- Additionally, there are private professionals and centers like “Mandala” and “Anastasiou Crafts” that offer workshops and therapy sessions focused on mental health. These initiatives work with vulnerable groups including children and people with disabilities, using arts to foster connection and healing.

Mandala instagram: <https://www.instagram.com/mandalaartstudio/>

Anastasiou Crafts instagram: https://www.instagram.com/anastasiou_crafts/



Clay art – it’s a calming activity that helps with emotional expression, self-confidence and promotes mindfulness. It can reduce stress, help people explore emotions without using words making it a therapeutic tool.

