

For a current schedule, go to  
[www.follow-your-art.com](http://www.follow-your-art.com)

**Follow Your Art** is based on the philosophy that in a safe, supportive environment, creative art experiences can enhance personal growth, awareness, and quality of life at any age. Classes provide the skills and tools for artistic expression to foster increased self-awareness, creativity and healthy expression of emotions.

Artists are invited to enter any **Follow Your Art** experience with an open mind and an opened heart, to be prepared to take creative risks and try new things. Artists will find a relaxing, non-judgmental environment and a supportive, informed facilitator. As a result, artists learn something new about what they are capable of accomplishing with their creative abilities.

(781) 462-1221 • [info@follow-your-art.com](mailto:info@follow-your-art.com)  
[www.follow-your-art.com](http://www.follow-your-art.com)  
414 Main Street Melrose, MA

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#### About Kristina Rodolico, MA, LMHC, ATR

Kristina is an artist, art therapist, and art facilitator bringing creative art experiences to children and adults for 13 years. As a Licensed Mental Health Counselor and a Registered Art Therapist, she has worked in schools and treatment centers, with individuals, groups, and families. She uses drawing, painting, pastels, collage, fabric and mixed media/found objects, clay and stone carving in her work.

"I want art to be at the center of what I do. **Follow Your Art** is my way of bringing my skills to my community in as many ways as possible."

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#### Follow Your Art

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# Follow Your Art

Creative art  
experiences  
honoring the artist  
in everyone



#### Kristina Rodolico MA, LMHC, ATR

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# About Follow Your Art

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**Follow Your Art** provides art experiences for everyone, adapted to anyone. Basic art principles and a variety of media are presented in open-ended sessions that allow for individual artistic expression. Creative exploration of art materials is welcome, and personal discovery is encouraged as participants learn about their creative strengths through their work. In a supportive, nonjudgmental environment, sessions foster increased self-awareness, creativity and healthy self-expression. Individual and group classes, art therapy services, and professional development workshops are available.

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## Offerings

### Creative art groups for children through adults

Groups provide basic instruction on various art media and art concepts in a supportive environment. Children's classes focus on communication and social skills as children are encouraged to listen to each other as they share their experiences. Adult classes include specific instruction on media usage to provide the skills to promote creative self-expression.

### Individual/Small group art sessions

Private art therapy sessions are tailored to specific needs and objectives of the client. Structured groups provide art directives that encourage self-expression and creative development, with a focus on social and coping skill building.

### Art workshops for retreats, schools, daycares

Let **Follow Your Art** come to you! Whether a weekend church retreat for adults or a daycare full of preschoolers, creative art workshops are specially designed for the needs of your group, dependent upon age, skill level, and desired objectives.

### Teacher Trainings

Informational workshops focus on adapting art to curriculum in the classroom and using art to help engage and focus children who struggle in the classroom setting.

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### Home-schooling individual/group lessons

Art experiences to supplement learning, plus enrichment activities such as stone carving, mask-making, and clay hand-building.

### Private and semi-private sessions for any age

No previous art experience is required! Taking time out of a busy schedule to be creative and express yourself can reduce stress and enhance your quality of life. Explore a combination of two-dimensional and three-dimensional art media to find what suits you best. Create something meaningful in the world that has never been there before! Make your own class with a friend or two.

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Despite the varied services offered, the intention of **Follow Your Art** is the same: to bring art to the every day.



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