



**dance & arts
therapy nz**
moving creatively together

Term 1, 2024 News



Kia ora,

The year has got off to a positive start at DTNZ! We're seeing more people join our group programmes, we're receiving more queries about creative-based therapies, we've met with Greg Fleming MP for Maungakiekie, and our office team have

started travelling around the country to kōrero with people about the work we do to support our community. It has been busy, but incredibly rewarding and we look forward to sharing more highlights as the year progresses.

*Ngā mihi nui,
DTNZ*

Places available in our specialised sessions



We currently have places available in [our STARS programmes](#) for children and teens living with intellectual and/or physical disabilities. These clinical groups are limited in size to provide individualised attention for each client, and to reduce the level of stimulation that some participants with special needs find challenging in group settings.

There are several locations across Auckland - North Shore, Onehunga, Mt Albert, Pakuranga, and Ōrākei. Please email info@dancetherapy.co.nz if you would like further details.

Hello Barbie



In heart-warming news for anyone working, or interested in, creative arts therapy, Barbie has just started her very first career in mental health - and she's decided to be an art therapist!

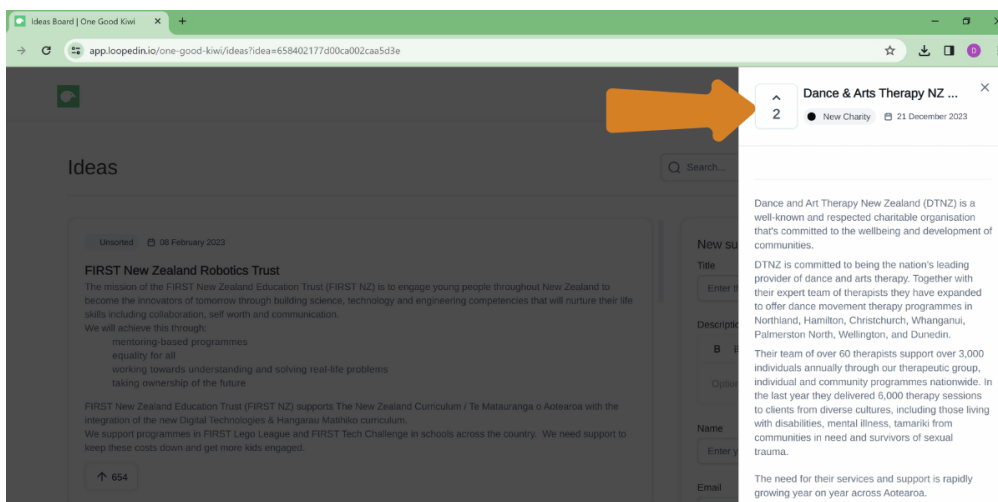
The new Barbie playset even comes with interactive parts so that kids can switch up the client's expression and help share their feelings. Unfortunately, this playset isn't available in NZ yet, but we're happy to see another example of how commonplace art therapy is becoming.

Please vote for us



One Good Kiwi is a philanthropic online platform hosted by One NZ. It encourages the community to choose a good cause to support. At the moment, One NZ are selecting the charities that feature on One Good Kiwi, but they are accepting nominations on who to support in the future.

We have nominated DTNZ to be included in future rounds and would love it if you could take a moment to vote for our very special cause. All you need to do is 'like' [our current nomination](#) by clicking on the arrow in the top corner of the pop-up window (see screenshot below).



DTNZ In Schools



Did you know that [DTNZ In Schools](#) is a programme we have offered in special education settings, mainstream schools and kura for many years? Our programmes are tailor-made for each school and their community's wellbeing needs. It tends to support young people that are displaying heightened anxiety or challenging behaviours, or ākonga with particular needs.

Dance movement and art therapy methods are used to improve ākonga's wellbeing, emotional intelligence, communication, social skills, motor skills, coordination, creative self-expression and overall development, which can increase productivity and focus in the classroom. If you know a school who would benefit from creative-based therapies, please let them know about this bespoke service or [contact us for details](#).

Drop-in group programmes



As we approach the end of term, we wanted to let you know that the dates and locations for our drop-in group programmes for term two are [on our website](#). These include dance movement therapy groups for teens and adults living with disabilities and free art therapy groups for tamariki.

As always, we are grateful to our supporters for
their generosity



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