



info@anartistsgainesville.com  
www.anartistsgainesville.com

## Workshop Presenter Guidelines

**Participants:** Adults aged 18+ who self-identify as having lived experience with mental health symptoms/conditions (depression, anxiety, etc.) and who use art as a means of self-connection and connection with others. Participants bring with them a broad range of fine-arts skill levels.

**Group Size:** Typical workshop size is 12 people.

**Content & Supplies:** Fine arts, crafts, or non-therapy mindfulness/relaxation with fine art, or expressive arts (visual, sound, movement, writing, dramatic; focus on creative process, not product). Presenters may be artists, art educators, or art enthusiasts. We expect presenters who are psychotherapists to design workshop content with a non-therapy focus. Hands-on activities work best - too much lecture or classroom-based style can induce boredom. Please consult with our Workshop Coordinator about supplies.

**Date & Location:** Workshops take place on the 4<sup>th</sup> Tuesday of the month from 4:30-6:30 pm at Helping Hands Clinic, 501 NW 1<sup>st</sup> St, Gainesville.

**Time frame:** Workshops should last about 90 minutes, with up to 15 minutes for set-up and 15 minutes for clean up. The best practice is to create experiences so that no one (presenter included) needs to come early or stay past 6:30 pm, which is our meeting end time.

**Payment/Promotion:** Unless agreed otherwise, workshop presenters are unpaid volunteers. AnARTists operates based on generous donations from community partners. We use those funds to provide free art experiences to our participants and the larger community through outreach. We promote workshops in our monthly newsletter, on our website, and on our Facebook Page.

We appreciate your interest in AnARTists Community Group and we look forward to working with you. If you would like to schedule a workshop or you have any questions, please contact our Workshop Coordinator at [info@anartistsgainesville.com](mailto:info@anartistsgainesville.com).

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Presenter Name (Printed)

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Phone

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Signature

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Email