

## **Painting Therapy Group Materials**

**Participants are responsible for bringing 36" x 36" x (3/4" or 1 1/2") canvases and their own paint.**

36" x 36" x 1 1/2" canvases will be available to purchase for \$40.00 each (cash and checks accepted).

Please let me know in advance if you will want to purchase these at the studio.

### **All other materials will be provided.**

I will provide each student with an assortment of brushes, barrier cream, latex gloves, spray bottles, mark-making tools, glazing medium, palettes, water jars, rags, a personal painting cart, and a painting station.

### **Please bring the following:**

Two or Three 36" x 36" x (3/4" or 1 1/2") canvases

1 Red acrylic paint, any shade (4oz) 1 Yellow acrylic paint, any shade (4oz) 1 Blue acrylic paint, any shade (4oz) 1 Black acrylic paint (4oz)

1 Titanium White acrylic paint (8oz) (I suggest buying a heavy bodied white) 1 Metallic acrylic paint (4oz) (optional)

4 or more of your favorite colors of acrylic paint (4oz each). I suggest buying fluid acrylics for your supportive colors. Golden brand is great, but quite expensive and not necessary. Please buy paints based on your budget.

Mark-Making, etching, and stamping tools (old pens, bottle caps, found objects to make patterns, etc.) Images and objects you wish to use for reference material and inspiration.

Apron and/or comfy painting clothes Your favorite brushes, painting tools, and a blank journal

And an open heart and mind and last but not least..... TRUST!

### **Resources:**

You can reach Golden Artist Colors, Inc. at 800-959-6543 to request a beautifully prepared color chart. I order my Golden Colors from the ItalianArtStore.com, 800- 643-6440. I also like Blick Matte Acrylics which I order online. I order canvases from <http://artscanvasonline.com> or call 714.602.2448.