



# Program Timeline **2026 / 2027**

Module / Event	Session Dates	Key Focus
<b>Future Art Lifeline (Foundation)</b>	Jan 9–13, 2026	Creative foundation, personal theme, immersion
<b>Module 1: Body Biography</b>	Feb 23, Mar 9, Mar 23, 2026	Embodiment, development as artistic process
<b>Module 2: Behavioural Biography</b>	Apr 6, Apr 20, May 4, 2026	Transforming habits, visualizing imprints with art
<b>Group Art Therapy #1</b>	May 9, 2026 (Saturday)	Creative, collaborative session (quarterly, in studio/online)
<b>Module 3: Relationship Biography</b>	May 18, Jun 8, Jun 22, 2026	Communication & transference, reframing relationships
<b>Module 4: Vocation Biography</b>	Jul 6, Jul 20, Aug 10, 2026	Overcoming failure, vocational clarity, risk taking
<b>Group Art Therapy #2</b>	Aug 15, 2026 (Saturday)	Second creative group anchor point
<b>Module 5: Self (“Becoming Human”)</b>	Aug 24, Sep 7, Sep 21, 2026	Identity, values, narrative integration



- Group Art Therapy Sessions: Held every 3 months—May, August, October, December 2026 (session dates on Saturday to ease travelling).
- All module sessions: Mondays, 6pm–9pm MYT unless otherwise noted.



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<b>Module 6: The Other-Land</b>	Oct 12, Oct 26, 2026	Transitions, love, adult purpose
<b>Group Art Therapy #3</b>	Oct 31, 2026 (Saturday)	Third group session, peer and art showcase
<b>Module 7: Mirrors of Intimacy</b>	Nov 9, Nov 23, Dec 7, 2026	Partnership, boundaries, intimacy
<b>Module 8: Midlife Moves</b>	Dec 14, 2026; Jan 4, 2027	Loss, midlife renewal, fresh directions
<b>Group Art Therapy #4</b>	Dec 19, 2026 (Saturday)	Forth group session, peer and art showcase
<b>Module 9: Autumn Colours</b>	Jan 18, Feb 1, 2027	Purpose, creative wisdom, acceptance
<b>Module 10: Thread That Remains</b>	Feb 15, 2027	Legacy, weaving the narrative, wholeness
<b>Studio Week (PJ in-person)</b>	Mar 1–5, 2027	Art immersion, skill deepening, group work
<b>Assessment &amp; Certification</b>	Mar–Apr 2027	Final project presentation, graduation

## Group Art Therapy Sessions



Every quarter, experience a live, guided art therapy group (in-studio or online). Explore new materials, receive peer encouragement, and deepen your creative practice—plus, use extra time after sessions for reflection or finishing works. These sessions are the heartbeat of your learning community.