



# 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 2026                    | 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>Module 5: Self (“Becoming Human”)</b> | Aug 24, Sep 7, Sep 21, 2026 | Identity, values, narrative integration                       |
| <b>Group Art Therapy #2</b>              | Sep 2026                    | Second creative group anchor point                            |



- Group Art Therapy Sessions: Held every 3 months—May, September, December 2026, March 2027 (session dates set with cohort for flexibility).
- 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>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 #3</b>           | Dec 2026                   | Third 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>Group Art Therapy #4</b>           | Mar 2027                   | Culminating group circle and reflection    |
| <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.