

Join COSTI's Virtual Expressive Arts Group for Girls 12-15

Enhance your well-being through the arts!

Expressive Arts Exploration for Girls Ages 12-15



Focus of the Group :

- Expressive Arts-based, Interactive Mindfulness, and Safe Space
- Boost self-love, self-care, and confidence using visual arts, poetry, music, movement and journaling
- Learn and practice strategies to manage anxiety and stress and discover the importance of rest
- Connect with your emotions and increase your coping tools through the power art, curiosity and creativity
- Develop healthy relationships in a supportive environment.
- Have fun!

8-week program

Starting February 22, 2024

Thursdays: 5:30-7 p.m.

Registration and assessment appointment required prior to group start date.

This is **not** an Art class.

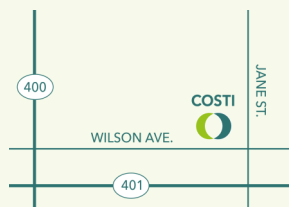
Various modalities of art are used to increase creativity, relaxation and safety.

To join, contact:

Family & Mental Health Services
North York Sheridan Mall
1700 Wilson Avenue, Suite 105
Toronto, ON M3L 1B2
416-244-7714
famcounselling@costi.org

Hours:

Monday to Friday
8:30 a.m. to 4:30 p.m.



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