

Let's Create Together

A Virtual Teen Group

Improve your overall well-being through the arts!

JOIN COSTI'S EXPRESSIVE ARTS GROUP
FOR GIRLS AGED 13-16



FOCUS OF GROUP:

- Interactive Mindfulness, Art-based and Safe Space
- Increase self-esteem & self confidence through using visual arts, poetry, music, movement and journaling
- Practicing strategies to manage anxiety and stress
- Connecting with the emotions and increasing coping through art making, curiosity and creativity
- Developing healthy relationships
- ...increasing playfulness and having fun!

DURATION OF GROUP:

8 WEEK PROGRAM

FRIDAYS: 4:00 PM—5:30 PM

STARTING: FEBRUARY 26, 2021

VIRTUAL SESSIONS:

PARTICIPANTS WILL REQUIRE ZOOM

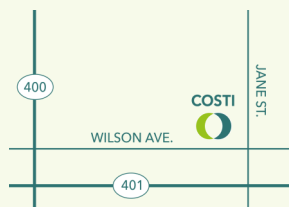
*TABLETS OR COMPUTERS WILL WORK BEST

Registration and assessment appointment required prior to group start date.

Family & Mental Health Services
Sheridan Mall
1700 Wilson Avenue, Suite 105
P.O. Box 90
Toronto, ON M3L 1B2
416.244.7714
famcounselling@costi.org

Hours:
Monday, Tuesday,
Thursday and Friday
8:30 am - 4:30 pm

Wednesday
8:30 am - 9:00 pm



TO JOIN, CONTACT:

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