

Expressive Arts for Wellness for Family Caregivers



In this session we will explore how the *playful* process of art making combined with *Mindfulness* will help support your wellness and self-care.

Playful means you do not need to be an artist to make art, Expressive Arts uses a non-skills based approach.

Mindfulness helps to bring attention to the present moment, this can be developed through the practice of art making.

Offered in a safe group setting, you will be able to freely share and express yourself in a playful, natural and non-judgmental way.

Hosted by the Family Peer Mentor Support Service

York Support Services Network offers a range of mental health programs and developmental services throughout York Region and South Simcoe.



2 dates to choose from:

Wednesday March 20, 2019

6:30 - 8:30 pm

240 Edward St, Unit 3, Aurora
or

Wednesday April 10, 2019

10:00 - 12:00 pm

240 Edward St, Unit 3 Aurora

Eligibility

Family Caregiver of an Adult (18 years and over) with a Developmental Disability

No previous art experience is necessary!

To register:

infosessions@yssn.ca