



Blue Sky Therapy

Expressive Arts Group for Kids

This group will utilize art making as a way to understand and cope with youth issues in a supportive inclusive group format.

Groups will use a mindfulness CBT approach to identify individuals', feelings, thought patterns, cognitive beliefs and actions in their everyday activities.

Who: Kids age 8-12 years

When: Tuesdays March 8th - April 12,

Time: 4:30 - 6:00 pm

Where: Family Resource Centre

Register with Camille -705-657-2557

This approach for children combines Mindfulness and Art Therapy to target areas such as self esteem, body image, anxiety, stress which helps to provide kids with positive ways to cope with their own feelings & life situations.

