

# **LOVE MY LIFE CREATIVE ART SERIES**

**Every Saturday starting October 24th – November 14th**

**12:00 pm - 3:00 p.m.**

**Free Admission and Lunch is Provided**

**This initiative is for youth aged 15-17.**

The Whetung Ojibwa Center and the Peterborough County-City Health Unit are excited to offer to local First Nations, Metis, and Inuit youth the chance to explore positive self-expression through an art project called Love My Life.

Love My Life will feature four classes from October 24th – November 14th that explore a variety of topics including how we can practice mindfulness, stress management, supporting our physical health, and how we can champion the social and physical spaces that support a healthy wellbeing.

The most exciting part of this project is how we use art projects to explore our health. Two local artists from the Whetung Ojibwa Center will facilitate the art sessions at each of the four Saturday gatherings. Each participant will be creating two art pieces over the course of the creative art series.

Following the art series, the Whetung Ojibwa Center will host a gathering welcoming family and friends of the participants and community members to see the art pieces showcased in the gallery, sharing the stories of the participants. Coffee, tea, and light refreshments will be provided.

**To register for this exciting opportunity please contact:**

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