

MEET YOUR POTENTIAL CREATIVE ART THERAPY WORKSHOP

JOIN US AT THE HEALTH, FOOD, CREATIVITY EVENT AT YURI'S VILLAGE
NOVEMBER 19TH - 20TH FROM 10:00 AM - 6:00 PM



Are you curious about art therapy and what it has to offer? In this creative workshop we will focus on what it means to meet our full potential and bring an awareness to what we truly value in life. Using a variety of materials, we will create a collage to represent your strengths and passions. This will help bring an awareness to all the aspects of our life and help foster self-acceptance of our unique personal qualities. It helps us meditate and reflect. This workshop is suitable for both children and adults. Absolutely no art

experience is required. Pre-registration recommended. RSVP: info@gracechiu.ca

What: Creative & Self-Awareness Workshop

When: Sunday, November 20, 2016
1:30 pm - 2:30 pm

Where: Yuri's Village, 663 Greenwood Ave,
3rd Floor, Toronto, ON

Who: This workshop is presented by Grace Chiu, Art Therapist, BA, MA, DTATI. Grace is passionate about using fun and creative activities to encourage self-expression and self-exploration.