



## FREE IN-PERSON EXPRESSIVE ARTS THERAPY SESSION

**Friday, June 26, 2026 | 12:00 p.m. – 1:30 p.m.**

**Discover the healing power of Expressive Arts Therapy,  
led by a Registered Psychotherapist**

Expressive Arts Therapy is a holistic, trauma-informed therapeutic approach that integrates creative modalities such as visual art, breathwork, sound, movement and guided imagery to support emotional expression and healing.

Join this FREE 1.5 hour session that will include:

- Somatic breathwork with sound healing
- Self-expression and reflection through art therapy
- Mindfulness-Based Stress Reduction

This session will be done in a safe, calm, supportive, and trauma-informed space to help increase self-awareness, reduce stress and support overall well-being.

All materials will be provided. You don't need to be an artist to participate.

Eligibility: For Ontario Works (OW) & Ontario Disability Support Program (ODSP) individuals, residing in the Region of Peel

Registration confirmation required to participate.

Email: [care@achev.ca](mailto:care@achev.ca)

[Register Now](#)

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