

FREE IN-PERSON EXPRESSIVE ARTS THERAPY SESSION



Tuesday, August 4, 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

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

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.

A digital certificate of participation will be provided for those in attendance.

Registration confirmation required to participate.

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

Email: care@achev.ca

REGISTER NOW

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