



## Exciting Projects to Reconnect

**You don't have to be an artist to benefit and improve your health and life**

Our innovative programs and services are responsive to diverse populations as we work cooperatively toward supporting community associations and professional mental health groups. Workshops to improve wellness, mental health and quality of life are tailored for their staff and members abilities and goals.

### Enhance creative thinking, communication, team building

Our client centered approach ensures our techniques are based on your group and individual goals. We tailor projects to meet your needs and abilities using effective solutions that increase the value in your programs. Involve us to assist your members, staff or families in projects that improve wellbeing and enrich lives.

Art therapists effectively assist you in discovering and expressing emotions in a healthy way. All levels are invited to participate and enjoy the rewards of valuable programs offered. Many interesting projects are available to meet your needs.

Catherine's Art programs **support self discovery and healing** for those in need of physical, emotional and spiritual connection. Express yourself as a recreational activity or work through difficult issues such as **depression, disease/illness, grief/loss, abuse, trauma, stress, etc.**

- Group or one to one
- One hour sessions available
- Half/Full day workshops

Professional support ensures comfort  
Share and Reflect in a safe place  
Relaxing and fun atmosphere

**ART of Therapy**

**613 449 0302**

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### Therapeutic Art Expression Helps:

**Reduce stress, illness and disease**

**Resolve conflicts; provide coping strategies and problem solving**

**Increase awareness, insight, and self-esteem**

**Improve relationships**