



## Explore Your Creativity!

**Have fun & socialize in a relaxing supportive atmosphere.**  
You don't have to be an artist to benefit. Surprise your senses and your mind.

Focus therapy accommodates varying health needs and abilities including non-verbal, physically and mentally challenged individuals. Catherine's Art programs support independent living seniors and those in a care with **depression, dementia, Alzheimer's disease, grief/loss, abuse, trauma, stress, etc.**

### **Popular Art Groups (4 Lessons)**

Designed to bring people together in an exciting way and add rewarding activities. The impact of art therapy techniques have been studied, showing positive, measurable results. **Increase motor skills, enhance memory and improve well-being.**

#### **Let's Get Creative Social Sessions**

Groups of friends located in the same residence/building comfortably meet to build creative ideas into projects. Want to get to know people with similar interests? This is for you! Gift ideas are available.

#### **Watercolours (Beginner–Advanced)**

Appreciate the richness and soothing elements of painting. Develop skills with the instructor while producing satisfying results.

#### **Art in the Garden**

Nurture your natural creative energy. Become inspired by nature as you get in touch with the elements and others. Allow your imagination to bloom and grow.

Our reliable, friendly staff develops tailored art sessions for your unique needs.

For details contact  
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