



Let's Get Creative! Together We Improve Wellbeing & Enrich Lives

Increase the Value of Activities to Assist Seniors

You don't have to be artistic or have art training to benefit

Focus therapy accommodates varying health needs and abilities including non-verbal, physically and mentally challenged individuals. Our experience with resistant individuals and those with behaviour issues ensures support and expertise to assist all needs. Catherine's Art programs can be tailored to **depression, Alzheimer's disease, grief/loss, abuse, trauma, stress, isolation, etc.**

Reconnect in an exciting way. The impacts of art therapy techniques have been studied, showing positive and measurable results **Improved motor skills, enhanced memory, creativity, well-being, health and quality of life.** Staff members report resident behaviours and overall attitudes are more positive, directly affecting the residence atmosphere.

A Variety of Programs are Offered:

Stroke/ Alzheimer's Disease

Reflect on memories and focus on today using rare techniques to open emotional dialogue and allow members with memory loss to reconnect, share with family and a support group and gain understanding in a confusing time of grief and loss.

Aging and Life Stages

This very powerful program helps members to rejuvenate/refocus on the self leading to a sense of calm, balance and mastery.

Strengthen Senior Support

Unite loved ones or peers in a new way. Reconnect with family/friends to increase understanding and positive memories.

Providing rewarding art activities seniors want to join that improve wellbeing and quality of life.

For details contact

ART of Therapy

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