

DRAWING ON YOUR GRIEF – USING EXPRESSIVE ARTS TO COPE WITH GRIEF AND LOSS: IN-PERSON SESSION

In Partnership with
Bethell Hospice



Tuesday, November 12, 2024
10:00 a.m. – 11:00 a.m.

This one-hour program will introduce participants to art therapy and explain how it can be used to help individuals process their grief experiences.

Participants will engage in an art activity, which highlights how art can be used to describe how someone might be feeling about the loss of a loved one.



No artistic talent is required, and all materials will be provided.

Register by phone or email:
(905) 457-4747 Ext. 3018
nicbcs@achev.ca

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