



FOUNDRY & VANCOUVER ART THERAPY
INSTITUTE PRESENTS

ART THERAPY GROUP

Art therapy is based on the idea that making art and being creative in a safe therapeutic setting can enhance emotional, physical, and mental health.

Healing can take place within the creative process itself. You don't have to have any special art ability. There is no right and wrong or good or bad. Feel free to create and see what happens.

**MONDAY'S, @ 1PM, STARTING JUNE
15TH - AUG. 24TH**

CALL OR TEXT RA CHARIS 604.818.7409 TO JOIN
AND TO RECEIVE ACCESS CODE