

Are you struggling with the impact of uncertainty,
anxiety or fear in your life?

I WONDER WHAT WOULD HAPPEN IF.....

Exploring trust through the arts
and simple breathing practices

JOIN US TO:

Access your CREATIVE side

Be playful

Learn some new ways to bring ease to your life

No previous art-making experience required.

a free workshop open to all
LGBT community members

Tuesday November 17, 2009

6:00-8:00 PM

**333 Sherbourne St
2nd Floor**

Facilitators: Carole Baker COUNSELLOR, SHERBOURNE HEALTH CENTRE

Sandy Kappa EXPRESSIVE ARTS THERAPIST

To register, call 416.324.4191 or email cbaker@sherbourne.on.ca



Healthy snacks provided. Please bring your own mug and/or water bottle.

