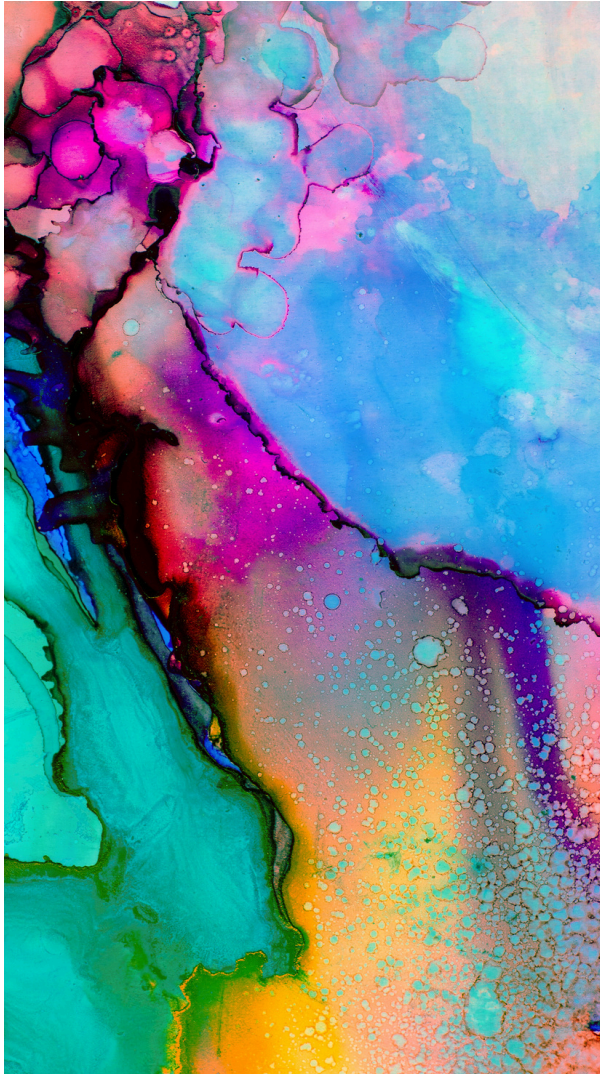


ART THERAPY - ONLINE WORKSHOP SERIES

**FEBRUARY 24 -
MARCH 31, 2026**



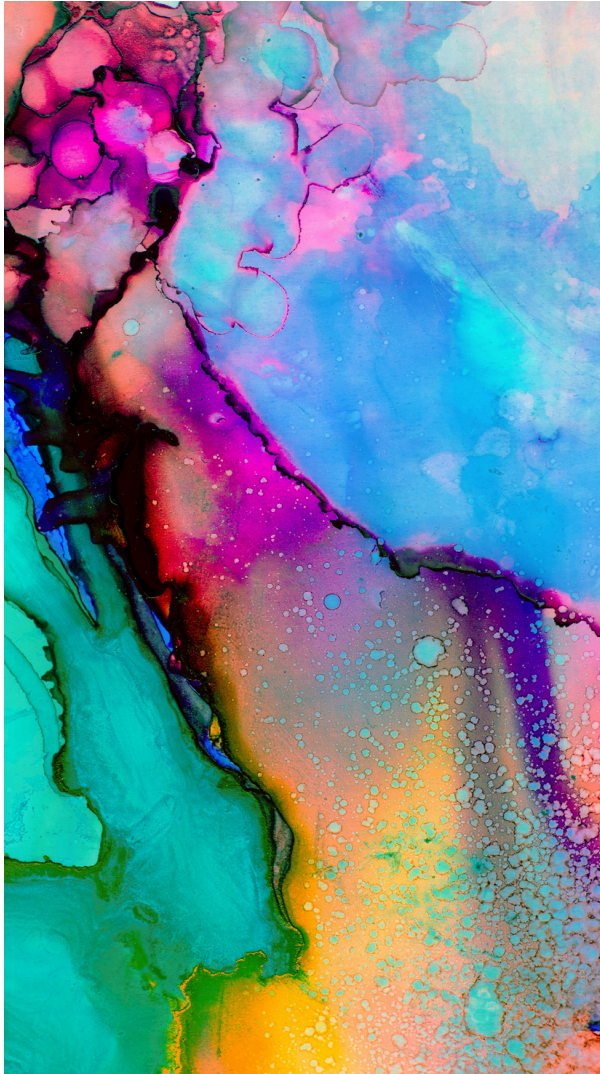
ART THERAPY WORKSHOP

SERIES - 5 WEEKS

TUESDAYS, 6PM-8PM, AST

FEB 24, MARCH 3, 10, 24, 31, 2026

- Five weeks of workshops, each 2 hours in duration, lead by Art therapist and Registered Counselling Therapist, **Amy Mackenzie**.
- Introduction to Art Therapy and expressive art making, eg: using tools such as line, shape, colour, space and symbol to convey thoughts and feelings in visual form.
- Finding new ways to externalize and communicate one's inner experience.
- Presentation on weekly topics, followed by guided art making exercises, utilizing tools discussed in the workshop. Participants encouraged to share their art works with the group (always optional).



WEEKLY SESSION TOPICS

Week 1: Introduction to Art Therapy - exploring expressive tools like shape, colour, line & symbol.

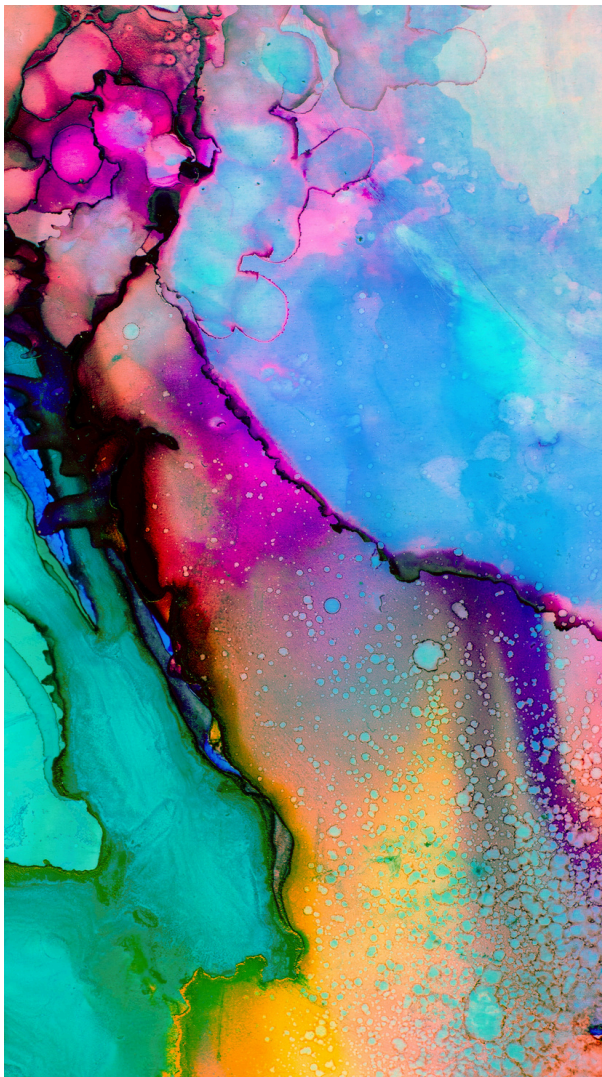
Week 2: Art making for relaxation, mindfulness and visualization purposes

Week 3: Exploring the connection between thoughts, emotions, behaviours and values visually

Week 4: Visual integration of conflicting beliefs and characterizing aspects of self

Week 5: The unconscious mind and image making, working with a myth/archetype and narrative responses to one's images

COST: \$400 + HST = \$460.00



**FOR MORE INFORMATION
AND TO REGISTER**

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