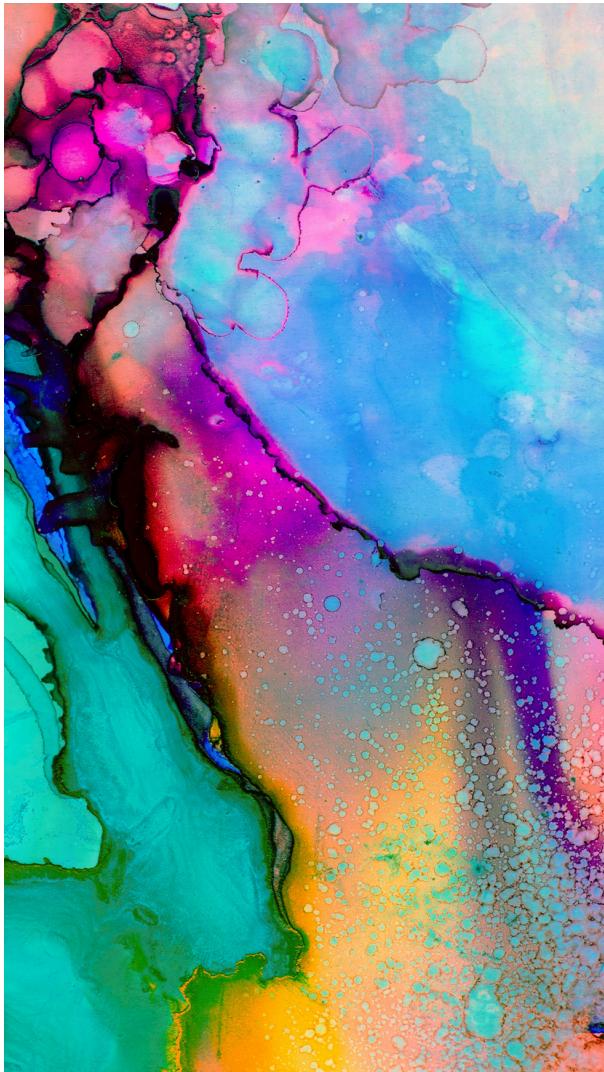


**ART THERAPY -  
ONLINE WORKSHOP  
SERIES**

**FEBRUARY 24 -  
MARCH 31, 2026**



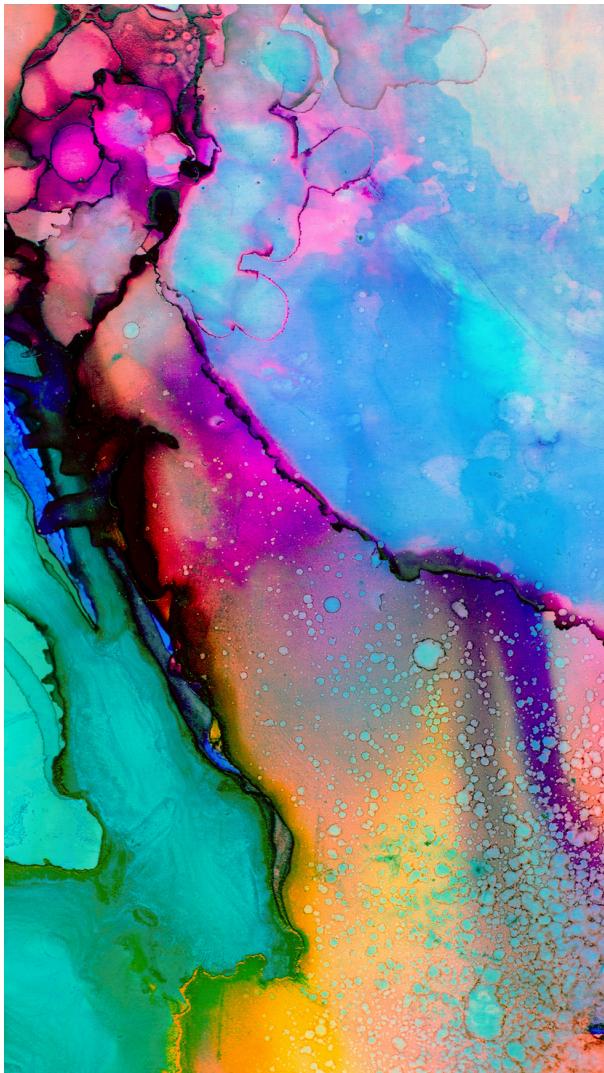
# ART THERAPY WORKSHOP

## 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.

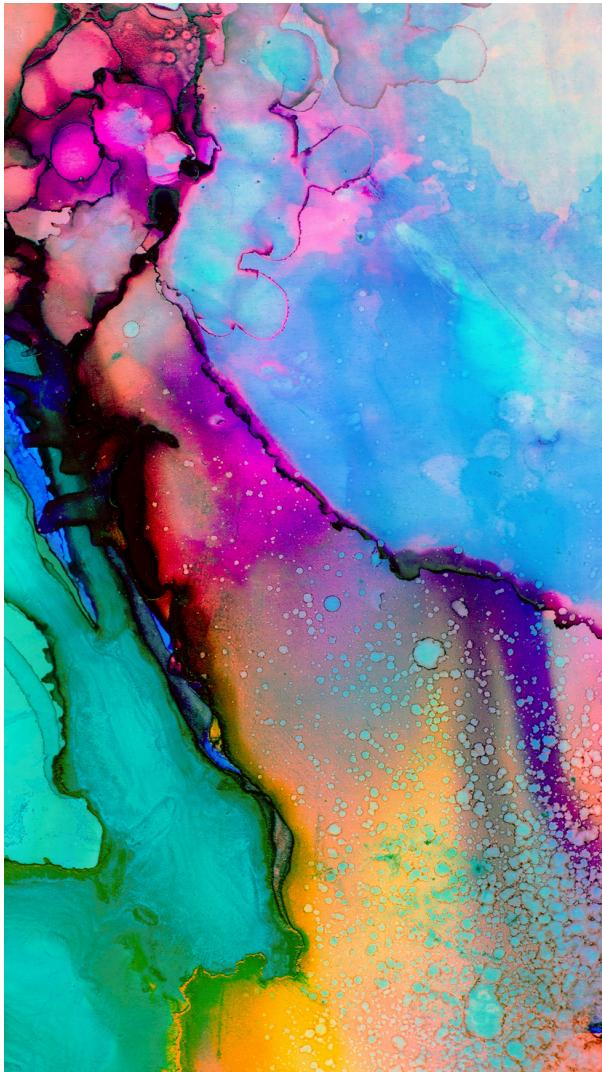
**Week 2:** Art making for relaxation, mindfulness and visualization purposes

**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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