

Creative Wellness for Caregivers



Saturday November 23, 1:00 pm - 4:00 pm

**Community Options for Children and Families
1595 Bay St, Victoria, BC**

Take a break, take a breath.

**Join a small group of parents (or other caregivers)
for a cozy and comforting break in November.**

**You will be invited to explore art making processes as an opportunity
to pause, rest your nervous system, and explore your own creativity.
Participants will explore how creativity and mindfulness practices
can be effective strategies for supporting their personal wellness.**

Cost: \$25

Registration by phone (250-380-6363) or email to info@cofc.ca

Fee can be e-transferred or paid in person on arrival at workshop.

Child care will be available, but must be pre-booked.

**Facilitated by Asha Rao- M.A (RCC), DVATI - a registered art
therapist, registered clinical counsellor and inclusive educator.**