



Art Experiences to Support Childrens and Educators Mental Health

Whether child or adult, engaging in the arts can provide positive mental health benefits, helping to reduce feelings of stress and anxiety and giving us an opportunity to be present, to be mindful and to engage in practices that are restorative and calming. This 1.5 hour virtual session will engage participants in discussion about the connection between the arts and mental health and offer ideas for art experiences that children and educators can engage in as a way of supporting their mental health.

During the session, we will also take the time to explore an art material and reflect on the process.

Tuesday, February 6th, 2024, 6:30-8:00pm EST via Zoom
\$35/person

To Register, visit www.sbsconsulting.ca



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