

Bridge Coaching Expressive Art Groups

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Professionally facilitated Workshops for adults to come together in meaningful ways to create, grow and connect.

Small groups will engage with a variety of guided art projects while learning about communication, connection, awareness of self and others, emotional regulation, problem-solving and personal growth in a safe, creative, social space.

3

3 HOUR WORKSHOPS

time to connect
and co-create

8

8 PER GROUP

up to 8 people per
group Workshop

65

\$65 PER WORKSHOP

all materials and
refreshments included

Expression



learn about yourself
through art

Engagement



grow yourself,
be together

Connection



connect through
shared experiences