

Bridge Coaching Expressive Art Groups

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Adult Expressive Art Workshops

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 space.

2

2 HOUR WORKSHOPS

time to connect
and co-create

8

8 PER GROUP

up to 8 people per
group Workshop

90

\$90 PER WORKSHOP

all materials and
refreshments included

Expression



learn about yourself
through art

Engagement



grow yourself,
be together

Connection



connect through
shared experiences