

Bridge Coaching Expressive Art Groups

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www.bridgecoaching.ca



Social Life Skills Art Group for Youth

Professionally facilitated opportunities for youth to come together in meaningful ways to explore, discover, and grow.

Small developmentally-appropriate groups will engage with learning about communication, executive functioning, awareness of self and others, emotional regulation, and personal growth in a safe creative space.

90

90 MINUTE SESSIONS

time to explore
and connect

5

5 PER GROUP MAX

developmentally-
appropriate groups

855

\$855 PER SERIES

9 weekly sessions
per series



Expression

Learn about
yourself
through art



Engagement

Connect through
shared experiences



Life and Social Skills

Third party
funding accepted