



## CHILDREN'S THERAPEUTIC ART JOURNALING PROGRAM

An Early Intervention Tool: Improves Mood, Sensory Integration, and Calms the Body and Mind.

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SEPT 21<sup>ST</sup> TO OCT 19<sup>TH</sup>, 2021

NOV 9<sup>TH</sup> TO DEC 7<sup>TH</sup>, 2021

PROGRAM DELIVERY: ONLINE AND IN-PERSON

CHILDREN – 7 TO 11 YEARS 4:30PM TO 6:00PM

YOUTH – 12 TO 15 YEARS 6:30PM TO 8:00PM

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Art journaling is a versatile tool for inspiring creative self-expression in children and youth. At Concepts in Mental Health and Resilience, we use therapeutic art journaling as an early intervention to identify, assess, and treat anxiety, depression, and other mental/emotional problems.

Having a special place to express themselves freely and creatively helps children develop confidence, self-awareness, and mindfulness. A safe cathartic space created for them and by them where they use their own words and art to communicate and process their thoughts and emotions.

Our 5-week online program includes an art kit complete with everything your young person needs to begin their art journaling journey. This program is delivered via our secure online Telehealth platform in a small group setting. Our expert, Niki Campbell-Schram, will guide the groups step by step through the beginning stages of artful journaling and emotional expression.

**Introductory offer:** \$130.00/per child - all age categories

**Program delivery:** Online

**Group Capacity:** up to 10 children

**Duration:** 90 minute sessions for 5 consecutive weeks

**Dates and times:** please see above

To reserve your child's place in the program, please Sign Up at <https://cmhrmhcp.ca/workshops/kids> or Call 905-741-5816