



SAUNDERS SCHOOL COUNCIL

presents

ART THERAPY FOR PARENTS

SUPPORTING OUR CHILDREN

DATES: JAN. 12, FEB. 2, 23, APR. 13

TIME: 6:00 – 7:00 PM

LOCATION: VIRTUAL SESSION

ART THERAPIST, STEPHANIE HULL, WILL LEAD PARENTS THROUGH SOME ART-BASED ACTIVITIES AS WE LEARN ABOUT SOME WAYS TO SUPPORT OUR CHILDREN THROUGH THESE UNIQUE TIMES. PARENTS ARE WELCOME TO SIGN UP FOR ONE OR MORE SESSIONS.

Using the natural language of art and play to achieve personal insight. Art therapy is a gentle, supportive option for all ages looking for a safe and comfortable environment for self-expression, such as, but not limited to, anger, anxiety, trauma, loss and life transitions, coping strategies, and emotion regulation.

FOR MORE INFORMATION CONTACT: SAUNDERS@TVDSB.CA OR 519-452-2770