In this new trauma informed open studio you will discover:

* Ways to connect to your creativity and wisdom
* Learn creative ways for self-care
* Learn new skills
* A safe space to create and be in community
* Learn different ways to cope with overwhelming emotions
* Decrease your isolation by being and creating with others
* Share and learn from other women in a relaxed studio atmosphere
* Learn information about other forms of support and community resources

Location: Barbra Schlifer Clinic 489 College Street, Suite 508

Dates:

- Tuesday, April 30 5–7pm
- Friday, May 3 1–3pm
- Saturday, May 11 11am–1pm
- Tuesday, May 14 5–7pm
- Friday, May 24th 1–3pm
- Saturday, June 1 11am–1pm
- Tuesday, June 4 5–7pm
- Friday, June 14 1–3pm
- Saturday June 22 11 am–1 pm
- Tuesday June 25 5–7pm

- Tokens are available to those in need.
- Registration for this group not required.
- No previous group experience is needed.
- Language interpretation is available, including ASL or Deaf interpretation. Must be booked in advance by calling the Schlifer Clinic Intake at 416-323-9149 ext 234.

For more information, please call 416-323-9149 ext 234.

Photo by Patrick Tomasso