

SPRING/SUMMER 2019

# THE OPEN STUDIO DROP IN PROJECT

## Building Connection Through Creativity

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

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

**Location:** Barbra Schlifer Clinic 489 College Street, Suite 508

<b>Dates:</b>	Tuesday, April 30	5-7pm	Saturday, June 1	11am-1pm
	Friday, May 3	1-3pm	Tuesday, June 4	5-7pm
	Saturday, May 11	11am-1pm	Friday, June 14	1-3pm
	Tuesday, May 14	5-7pm	Saturday June 22	11 am-1 pm
	Friday, May 24th	1-3pm	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.