



Arts & Craft Class

Please join us for an afternoon of relaxation as we create and learn about different mediums of art!!!!

When: Wednesdays Jan 20,27 2016

Feb 3,10,17,24 2016

Mar 2,9 2016

For whom: 18+ years of age

Time: 1pm to 3pm

Where: Can-Am Indian Friendship Centre

2929 Howard Ave, Windsor

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being.

For more information call: 519-253-3243 ext 225

Sasha Doxtator, Healing & Wellness Coordinator

