

**Facilitated by Deepika Birdi, RP (Qualifying)**

**September 2025**

This 8-week guided art journaling group blends creativity and emotional wellness. Through expressive art based prompts, mixed-media techniques, and gentle conversation, you'll explore your inner landscape, build resilience, and reconnect with yourself—no art experience needed. This is a supportive, non-judgmental space to pause, play, and process.

**Come as you are. Leave with insight, inspiration, and a fuller heart.**

**Start Date:** Friday, Sept 22<sup>nd</sup> at 6pm (EST)

**Recurance:** Weekly for 8 weeks

**Cost:** \$60/session

**Who is it for?** Adults 18+

Ideal for individuals seeking a creative and gentle space to process emotions and support mental wellness. Great for those looking to reconnect with themselves, reduce stress, or deepen self-understanding

### **Format & What's Included:**

- Online (secure video platform)
- Weekly 90-minute sessions
- 4-10 participants
- Optional mindfulness/relaxation audio recordings provided
- Supply list includes:
  - Journal or sketchbook
  - Paper, paint, markers, collage materials
  - Scissors, glue, or any other creative tools you enjoy
- (Full list and suggestions sent upon registration)



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## What You'll Explore:

- **Creative Expression** – Using color, texture, words, and imagery to give voice to your thoughts and emotions.
- **Mindfulness & Presence** – Learning to slow down, tune in, and be present through grounding and reflective practices.
- **Emotional Awareness** – Gently exploring your inner world, identify patterns, and name your feelings in a safe space.
- **Self-Compassion** – Cultivating kindness toward yourself through expressive and reflective journaling.
- **Personal Strengths & Stories** – Discovering the resources you carry within, and reflect on the experiences that shape you.
- **Connection & Community** – Sharing insights and inspiration with others on a similar journey (sharing is always optional).

## What to Expect:

Each participant will meet briefly with our facilitator before group begins to ensure readiness and discuss accommodations or material access.

## Interested in joining or referring a client?

Contact us at:

✉ [info@onlinetherapycentre.com](mailto:info@onlinetherapycentre.com)

☎ 416-275-3139

🌐 [www.onlinetherapycentre.com](http://www.onlinetherapycentre.com)

