

Fall 2018 | Tuesdays 10 am-12 pm | Sept 18 - Oct 23

art for wellness

In this 6-week session you will get a chance to explore different artistic approaches to stimulate your mind, get your creative juices flowing while enjoying the company of others in a gentle, encouraging and supportive environment.

No experience is necessary, at ALL!!



This course explores the expressive arts, meaning, visual arts, writing, music, voice and movement. Each week will bring a different combination. This is an introductory class that offers you the chance to have some fun, play and express yourself. If you have ever wanted to try any or all of these ways of enjoying the arts while doing your body, mind and soul some good then this is the class for you!

Each class will give you time to try something new followed by the opportunity to share creations, insights, challenges and breakthroughs. We focus on creative expression and creative confidence to see how that can change your perspective of your world and of yourselves!

meet the instructors

SUZANNE VALOIS is a certified Expressive Arts Practitioner, artist and founder of The Art of Being Human, www.theartofbeinghuman.ca, melding creativity and wellness as an approach to a more insightful and balanced life. She has been teaching art in institutions for over 30 years, notably the National Gallery of Canada, working with people of all ages and abilities. As an advocate for arts and health, she founded the Arts Health Network of Ottawa. Presently she coaches medical students and physicians of the University of Ottawa Family Medicine, Medicine and Humanities program. She also offers an arts and health training program.

NANCY SOLANGE DEAN, founder of Sol Creations at www.solcreations.ca, is an Expressive Arts Practitioner who provides space, tools and materials for you to learn listen, see and feel yourself through the creative process. From scribbles to sculpture, from dance to journaling, allow your voice to be expressed.