



Peel Heritage Complex Presents

Creative Therapy

“Participants have asked for Creative Therapy to return. They have expressed that they feel that they are able to express themselves through art at their own pace and that they are understood and supported during this class.”

~ P.H.A.B.I.S

“I believe that this creative process and subsequent feelings of self satisfaction and accomplishment have a positive impact on their day to day challenges.”

~ Creative Therapy Instructor

With generous funding from the Brampton and Area Community Foundation, the Peel Heritage Complex offers Art Workshops designed for children and adults with developmental and physical challenges. These relaxed workshops will help to foster creativity and personal self-expression, and the best part is....

They are Free!!

The program includes six sessions that we bring to you!

Participants will enjoy:

Clay Sculpture

Acrylic Painting

Printmaking

Watercolour Painting

Mixed Media

Collage

Creative Therapy



We bring the program to you!

Each program includes six sessions each 1.5 hours in length.

All materials are provided by the Complex.

All we need is a large area to accommodate the participants with easy access to a sink. Sessions can be tailored to your groups needs and abilities to ensure all participants have a positive experience.

The maximum number of participants in each session is 12 and the minimum is 5.

For more information or questions about the booking process please contact
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OR
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 Region of Peel
Working for you

