



Ignite your creativity. Brighten your life

Do you know artistry can elevate your mood?

The process of creating art helps develop a better sense of self at the same time as it releases the same kind of happy feelings that athletes achieve after a tough workout. And, the good news is that with art you can feel these without sweat.

In addition to releasing happy and content feelings, the process of creating art can help you become more open and expressive. This builds communication skills, which can help improve your relationships.

Art can help other areas of your life. The following diagram gives examples of how:



We help people through art. Our charity creates opportunities for people to improve their lives by experiencing different artforms. We also host events to promote artistry and artists, and we help people pursue creative careers. Join us. Partner with us. When creativity is ignited, lives are brightened.



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Our workshops are fitted to your needs

This artform may help		by
Painting, modern batik art, mixed media art, jewellery making, and/or mosaics	improve dexterity	<ul style="list-style-type: none"> ♥ encouraging you to hold paintbrushes and other artistic tools to manipulate them in different ways. For example, modern batik painting requires significant arm movement during the “cracking” phase of wax removal. ♥ helping you recognize shapes and forms, and then positioning them within the art project. This helps fine motor skills. ♥ imagining a jewellery piece and then twisting wire, threading beads and sculpting natural stone holders to create it.
Dance and/or performance art	extend respiratory control	<ul style="list-style-type: none"> ♥ encouraging you to move your body in new ways, in safe ways. This may be little movements or exploring how your body moves and communicates messages to others. ♥ exercising breathing through techniques and laughing exercises during performance clown workshops.
Painting, modern batik, mixed media art, jewellery making, mosaics, dance and/or performance art	build cognitive skills	<ul style="list-style-type: none"> ♥ helping you to acquire knowledge using a combination of verbal, audio and sensory skills. ♥ using problem-solving techniques to form good composition, measure and observe and translate what you see during the artistic process.
Participating in group programs and workshops	learn new communication methods; understand social boundaries; and build positive relationships	<ul style="list-style-type: none"> ♥ helping you find your creativity in a respectful, hopeful, nurturing and inspirational environment. ♥ encouraging you to explore new ways of communicating. ♥ helping you find your individual voice and be heard. ♥ recognizing social cues and adapting them to situations. ♥ helping you to become more aware of your emotions. ♥ creating opportunities for you to meet new people.
The process of giving and receiving feedback during art programs	develop work skills and enhance life skills	<ul style="list-style-type: none"> ♥ establishing new skills to help you receive, evaluate and give feedback. ♥ developing proficiency with an art technique, which may open careers in graphic design, art or other creative roles. ♥ building self confidence
Creating art in a group setting	feel better	<ul style="list-style-type: none"> ♥ helping you to bond with others. ♥ feeling calmer.
Painting, modern batik, mixed media art, jewellery making, mosaics, dance and/or performance art	improve self esteem	<ul style="list-style-type: none"> ♥ enveloping you in a comfortable, supportive and creative atmosphere, so you can learn about yourself.

Join us for a workshop. Attend an event. Partner with us for programs designed for your group.

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