

CONNECT create

Join.Connect.Create.Share

Bi-weekly Friday nights from (January 26th):
7 pm - 9 pm

209 Dundas Street East, Lower Level Units 1 & 2
Whitby, ON, L1N 7H8

905.493-5955 or email: info@artwithaheart.ca

Program run on a "SUGGESTED PRICE" pay what you can basis



**Bus passes are available for those that do not have the resources to get to the program



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209 Dundas Street East Lower Level Units 1 & 2
Whitby, ON
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Connect & Create is a bi-weekly Friday night open-studio expressive arts drop-in program open to the public at the AWAH studio space, located in the centre of Downtown Whitby. Each week that the programs runs will have a different theme. Workshop sessions are lead by an expressive arts therapist and assistant. Children are welcome to be part of our program but they must be old enough to follow direction, and they cannot interfere with the art-making process of others. They are welcome to come and create with us. They are the responsibility of the guardian with them.

Programs are planned to encourage exploration of various modalities of art (movement, visual art, music, poetry, etc.), with the option of participants to join in, or for them to utilize the space and supplies provided to create outside of the theme in an open studio environment. The format of the group is Expressive Arts style, so there will be a mindfulness component, and a time with group sharing about their process.

This program focuses on integrating people from all parts of the community in an inclusive, non-judgmental, caring space, and creating or art-making based on themes that build self-esteem and encourage self-reflection, as well as being fun and creative.

AWAH Studio Space is accessible, and we have an accessible washroom.



We are grateful to our program supporters:

