

# Caring for Self

## Uncovering Resources through Expressive Arts

An 8-week group for women-identified survivors of trauma offered by Family Service Toronto – Violence Against Women Program. This group is suitable for those who are interested in exploring a sense of self and safety through mindfulness and the expressive arts.

### Focus:

Exploring and accessing inner resources through art in a supportive group setting.

### What is expressive arts?

Through the Expressive arts, we use different forms of expression that feel right in the moment to explore our internal experience, and navigate themes and obstacles that we encounter in life. This is about process, not perfection - you do not need to have any previous artistic experience; this is about finding what feels right to you as your self-care through the arts.

**Dates:** Mondays, March 11 - April 29, 2024

**Time:** 10 a.m. - 12 p.m.

**Location:** 355 Church Street

### Registration/Group information

The group is free. Pre-group screening is required.

To register, please contact the Service Access Unit at:

**416.595.9618**

**[sau@familyserVICEToronto.org](mailto:sau@familyserVICEToronto.org)**



**FAMILY SERVICE TORONTO**  
For People. For Change.



**United Way**  
Greater Toronto