

Creativity for Calmness



Join our adult art workshop: a safe, relaxing environment to de-stress, learn about art, and practice English. Activities will include rock paintings, beaded keychains, watercolour, and more! No previous art experience is necessary.

Time & Dates:

Tuesdays, 11:30am - 12:30pm
April 9 - June 11

Eligibility

Eligible participants are:

- Permanent Residents
- Ukrainian refugees (on CUAET or similar special program status for Ukrainians)

Location:

ICA (808 Douglas Street, Victoria)
4th floor, Room 428

To register or for more information, please contact:

Sophie McIntyre (she/her)
Training Facilitator
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250-388-4728 ext. 2261

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