

Youth Art Workshop

Artful Minds: Managing anxiety through Creativity



Session Details:

18 Nov, 2025 At 5:00 PM Ajax Welcome Centre

Newcomer Youth 14-29



Join us for **Artful Minds**, a hands-on workshop that explores what anxiety is and how it affects us. You will learn to:

- Recognize your body and mind's responses to stress
- Use art as a tool for self-control and relaxation
- Normalize conversations around anxiety
- Discover, healthy coping strtegies







FOR MORE INFORMATION CONTACT Kim Harris-Eccleston | kharris@cdcd.org 905-686-2661 ext. 145 or 437-431-5003



Welcome Centre - Ajax 458 Fairall Street, Unit 5 Ajax, ON LIS IR6 Toll-free: 1-877-761-1155 www.welcomecentre.ca



Welcome Centre Lead Agencies: Ajax – Community Development Council Durham Oshawa - Community Development Council Durham Pickering – Durham Region Unemployed Help Centre Funded by:

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