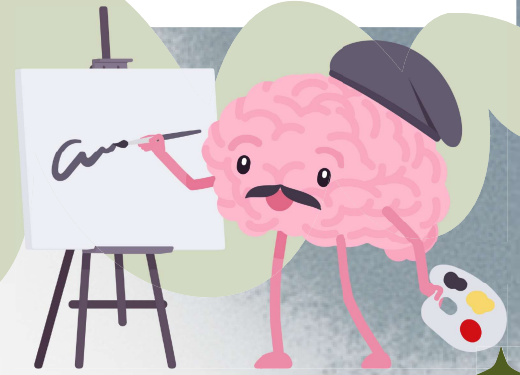


Youth Art Workshop

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 strategies



CLICK HERE



FOR MORE INFORMATION CONTACT
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