Art Therapy Group

MNLC

Healing Through Creativity



- For navigating anxiety, trauma, and difficult emotions
- Building resilience and expressing emotions
- Reconnecting with yourself through art and boosting creativity

Starts March 13, 2026

*No ART experience is needed

ONLINE

5 SESSIONS, EVERY FRIDAY

10:00 AM to 12:00 PM

Sign up today!



To begin your healing journey, register with Olga Potikha:

- opotikha@mnlct.org,
- 647-812-1332 ext. 5291