



Waterside Arts

Expressive Arts Therapy

Open new perspectives and expand your potential to imagine a way through life's challenges. Get creative help with anxiety, depression, stress, life transitions, creative blocks, and the effects of trauma.

This dynamic therapeutic technique accesses a wide range of arts disciplines including drawing, painting, clay sculpture, music, dance, poetry and prose writing, yet requires no previous art skill or training.

Location: 80, Norfolk Street, Guelph

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