

Expressive Arts Therapy Group

SATURDAYS | 1-3PM
AUG 6-27, SEP 17-24, OCT 1-8, 2022
IN-PERSON

The Expressive Arts Therapy Group is aimed at centralizing the experiences of BIPOC folx who seek support in response to interpersonal violence and have felt dismissed/othered by the mental health system. This 8-week group addresses trauma using a DBT Art Therapy informed practice.

As inclusive therapists we are offering a culturally responsive, affirming, social justice oriented expressive arts group. We are committed to contributing towards collective healing.

You will:

- Experience how art therapy plays a pivotal role in trauma healing by participating in activities that you can continue to build on and use for yourself.
- Learn new coping and resilience skills pulled from DBT for PTSD, mindfulness, and creative therapies.
- Be in community with others.



This workshop is best suited for: BIPOC folx affected by interpersonal violence and financial barriers. Those who find it hard to explore these issues with others without judgment, dismissal, or conflict.

Experience in art making is not required.

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Format: Weekly 2-hour in-person sessions consisting of visual arts activities, skills training, practice exercises, and discussion.

Free of Charge: Offering free group sessions to empower members of the BIPOC community toward mental wellness.

Group leaders:



Lorraine Patterson, Ph.D., C.Psych.
Registered Psychologist and DBT/EFT Therapist



Shelley Kavanagh, RP, RCAT
Registered Psychotherapist and Art Therapist

How To Register

Please contact the Centre for MindBody Health to provide your contact information and learn more about next steps.

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