



# **ART-BASED MINDFULNESS ANXIETY GROUPS**

**Do you feel stressed and lonely?**

**Do you want to learn how to tame your worry dragon?**

This 8-session program will give you an opportunity of learning effective strategies to deal with fear, stress, loneliness and life challenges creatively in a fun, safe and supportive environment. Participants will be introduced to art, crafts and effective tools to enhance their self-awareness and coping skills. This is suitable for everyone who have anxiety problem. **No previous art training is needed.**

**Art-based  
Mindfulness  
Anxiety Groups**

---

**8 Fridays  
(4:00 – 5:30 pm)  
Or  
8 Saturdays  
(1:30 p.m. – 3 p.m.)**

---

**708-1155 W. Pender, Van.  
5050 Kingsway, Burnaby  
108-10422 168<sup>th</sup> St., Surrey**

---

**Cost: \$150 / session  
including all materials**

---

**Please contact Jane  
Li at 778-847 4326 to  
enroll. Screening is  
needed.**

 **SOARING HEART THERAPY**

Denise Ken, MSW, RSW  
Jane Li, MA, RCC

SoaringHeartTherapy.com

info@soaringhearttherapy