



presents

ASAP

SELF PORTRAITS FOR SELF CARE



**FREE
AGES 7-12**

Taught by visual artist Yara El Safi, this class will teach different techniques of ink painting on watercolour paper. Participants will learn how to make a self-portrait using a handheld mirror. Using an anti-oppression and anti-racist framework, participants will be taught mindfulness, words of affirmation, grounding techniques, slowing down and other Cognitive Behavioural Therapy (CBT) practices while painting.

Virtual Program with Yara El Safi.

April 26th - May 31st

Every Tuesday, 3:30-5:30 PM

ArtStartsTO.com
@ArtStartsTO

For more info, contact:
Freddy@artstartsto.com

Register Here

