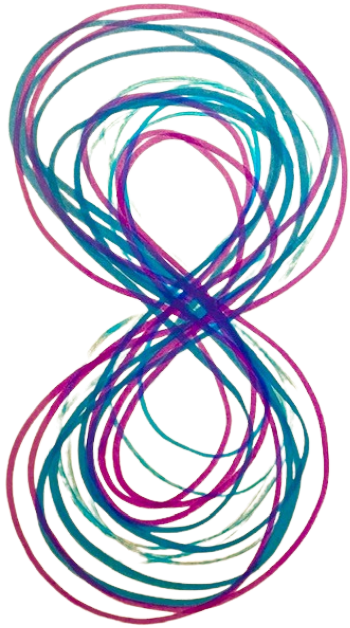


# Drawing our Breath Together



## When?

Tuesday October 26 2021 | 7:00 - 7:45PM

Friday October 29 2021 | 1:00 - 1:45PM

## About this workshop

Drawing Our Breath Together will introduce you to an accessible and fun way of developing mindfulness skills with the creation of art. And the bonus? You get a masterpiece to hang on the wall at the end of it and remind you of your breath! This workshop will be a way of creating something together - with our breath. It's an innovative self-care tool for all ages, using both art and mindfulness that's been developed with autistic adults in the CAMH Azrieli Neurodevelopmental Centre's mindfulness research groups for autistic adults.

## What will I need?

Paper, a few different colours of pens, markers or crayons, and a willingness to have some fun while practicing self-care.

## Interested?

**Register for  
Oct 26 at 7:00PM**

**Register for  
Oct 29 at 1:00PM**

