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Brantford ON N3R 7E3

24 Hour Crisis line: (519) 759-7188
or toll free 1 (866) 811-7188



M.O.O.D.

Mindfulness. Openness.
Observation. Discovery.

Tuesdays | 225 Fairview Drive,
4pm - 5:30pm | Unit 1, Brantford

Makers Youth Art Therapy Group

Mood Makers is an open Art Therapy group aimed at creating a safe and comfortable space for youth aged 12 to 15 to learn to create their own mindfulness practices, to encourage self-expression, self-exploration and self-discovery through art making.

No Registration Required.
Art Materials Provided.



ADDICTIONS & MENTAL HEALTH.
EMPLOYMENT. HOUSING. JUSTICE.

ACHIEVE NEW HEIGHTS

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