

Point in Time
Centre for Children, Youth and Parents

SUMMER 2018 SELF CARE DROP-IN

JULY 13- PAINT TO MUSIC/ OPEN ART
@ VISIBLE VOICES OPEN ARTS STUDIO 10AM-12:30PM

JULY 27- MASK MAKING
@ VISIBLE VOICES OPEN ARTS STUDIO 10AM-12:30PM

AUGUST 10- YOGA, MEDITATION AND MINDFULNESS
@ POINT IN TIME, HALIBURTON 10AM-12:30PM

AUGUST 24- VISION BOARD MAKING
@ VISIBLE VOICES OPEN ARTS STUDIO 10AM-12:30PM

FREE OF CHARGE!

SNACKS!

TRANSPORTATION AVAILABLE!

LIMITED SPOTS, BOOK A.S.A.P.!

AGES 11-18

CALL KELSEY AT 705-457-5345 EXT. 312
OR EMAIL [KELSEY@POINTINTIME.CA](mailto:kelsey@pointintime.ca) FOR
MORE INFORMATION OR TO REGISTER

