

We are:

# HeARTwork



Join our 14 week workshop series!

Art based workshops to build resiliency, focusing on  
mental health & substance use/harm reduction

## START DATE:

Tuesdays, 6-8pm starting February 11th & every other  
Tuesday after that!

## LOCATION:

Inside Scadding Court Community Centre 707 Room #2  
Dundas St W (Bathurst & Dundas)  
(416.392.0335 x 248)

## WHAT WE OFFER:

We will provide snacks & a certificate of completion one  
as well as one overnight retreat!

Art workshops such as:

- Beats Production with studio time
- Wellness/Beauty/Henna
- Spoken Word/Rap
- Photography
- Two Showcases to display participants art!  
& MUCH MORE!

Please Contact for details or to  
register:

[jazzmin@scaddingcourt.org](mailto:jazzmin@scaddingcourt.org)  
or  
[mugdada@scaddingcourt.org](mailto:mugdada@scaddingcourt.org)