



HeART is a new program, facilitated HeartWood Center for Community Youth Development.

It is a weekly group for youth aged 12-17yrs who have an interest in art, in one of the many forms it comes in: from painting, sewing, writing, screen printing.

This program embodies resilience-based strategies for youth to cope with life's stresses and who may want to learn more about stress management skills.

The art group will run weekly beginning on January 23rd at the HeartWood Centre office

(5516 Spring Garden rd, suite 202) at 6:30-8:30 pm.

There is no cost to participate in the program. Snacks will be provided. We only ask that contact staff to receive access to the electronic registration form.

If you have any further question or to register please reach out to Heartwood Center for Community Development staff Kayla Bernard, at kayla@heartwood.ns.ca