

Community Education Program

Soothing Art Corner: Coloring



This session invites you to slow down and reconnect with yourself through coloring and guided practices. You'll explore creativity and learn to cultivate calm, presence, and self-kindness. No painting experience is required.

When

June 27 & July 4, 2026
10:30am - 12:00pm

Where

1751 Sheppard Ave E, North York

Eligibilities

Priority for Permanent Residents &
Convention Refugees

[Get a Free Coloring Book](#)

Limited Spots

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Asian Mental Health
and Well-Being

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