

Adult & Community Drop-ins

\$10 each

Explore and create using our materials
or bring your own project work.

Relax with our mugs of coffee/tea on our comfy sofas!

Tea Social

Drop-in \$10

A gentle space for social connection to bring a friend

✂ or loved-one who may feel lost in the world.

✂ Teen Drop-in (ages 13 and up)

FREE

Gently guided with support for exploring skills,
creative ideas and independent project work.

Use our materials or bring your own.

✂ Community Drum Jam Drop-in

Last Wednesday of every month. By donation.

✂ All welcome! Lead by Daley, Dylan and Friends!

✂ FREE-JAM 2000 with Daley & Friends

Inclusive spontaneous-improv-weirdo-jam!

✂ Bring any instruments or share ours/sing/dance/listen!

\$5 includes FREE JAM & snacks!

✂ Home School Group

Register : email us for contact details

Small local group facilitated by parent volunteers.

Limited spaces.

Visit our website: www.sparrowsnestmakers.ca

Sparrows Youth Group

Registration required.

Gently guided and supported creative group for youth.

BACK FROM SEPTEMBER 17TH

Please email us to register

Tues ages 7 - 10 / Weds ages 8 - 10 / Thurs ages 10+

Dance & Heart

Register at Norah@danceandheart.com

Instagram: @ eloradanceandheart

OPEN STUDIO with Dancer/Choreographer Norah Wardell.

Collaborative dance and movement for all abilities with
opportunities for community performances and theatre.

Caring Arts for Grief and Loss

Drop-in \$15

Join local artist Donna Hull for expressive arts and gentle guidance in
a caring group that offers space for listening and supporting.

A professional artist and teacher, Donna has trained in Expressive
Artemaking with Dr. Phil Jones from University of Leeds, Nadia Chaney
at "Art Not Shame" and Art Therapist Nicole at Hospice Wellington.

Hospice Healing Arts

Register : info@hospicewellington.org

Returns October 23rd - Nov 27th Weds 1 - 3pm

Catherine Manning, Music Therapist and Erica Palmer, Art Therapist
from Hospice Wellington hold space with music and
art making to support your well being in a caring group.

