



Adult Drop-in

\$5 "Swoop and Perch": Roost with coffee/tea.

\$10 "Fly and Make" : Stay and create using our supplies or bring your own project work.

Teen Drop-in (ages 13 and up)

\$10 "Fly and Make" with artist, Donna Hull.

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

Use our materials or bring your own project work.

Family Art Jam Drop-in

\$10 each to Soar and Explore or \$25 per family of 3+

Explore the arts with artist, Donna Hull.

No supplies needed. All children must be accompanied.

DrumJam Drop-in

Last Wednesday of every month.

No fee required, donations welcomed.

Join Dance&Heart to Drum, Jam & Dance!

Bring your drums and percussion instruments. Some instruments will be available for sharing.

Bookable Birdhouse

Message or call to book space for your own arts-based project/group/idea!

The Nest

Registration required.

Ages 8-10 and 10 and up.

Gently guided and supported creative group for youth.

\$130 for 10 weeks.

Now fully booked. January-March dates TBA.

Waitlist: sparrowsnestelora@gmail.com

Hospice Wellington Music Therapy

Registration required.

Email info@hospicewellington.org

Phone 519 836 3921 ext 228

Join Catherine Manning, Hospice Wellington's Music Therapist.

Journey through songs of our lives, and explore how music can enhance our wellbeing.

"Music offers a wonderful way of stepping through our lives, and of coming alongside others as we explore memories and the feelings they evoke."

Caring Arts for Grief and Loss

Drop-in

Join Donna Hull for expressive arts and gentle guidance.

\$15 or pay what you can.

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

A place to come as you are, create meaningful art and express how you are feeling if you choose. Giving voice to grief in a group that listens and creates with a compassionate heart.

