



Achieving mental wellness through early intervention and prevention!

TESTIMONIAL:

"I was recently struggling privately, this just helped me to come out my dark place."



Check Us Out!



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OUR VISION:

We aim to use our four pillars of wellness approach as the foundation to mental wellness and healthy youth development. Using creative art expression we help our youth gain clarity and competence through education, connection and sustainability.

THE FOUR PILLARS OF WELLNESS FOCUSES ON:

- Physical Wellness
- Emotional Wellness
- Social Wellness
- Mental Wellness

OUR SERVICES:

Includes:

- Interactive/ Creative Workshops for parents, staff & youth
- Mental Wellness Series & After School Programing
- Therapy Services and more!