

HEAL Hubs of Expressive Arts for Life



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Hi! Ask me.
Team Member



Access Alliance
Multicultural Health and Community Services



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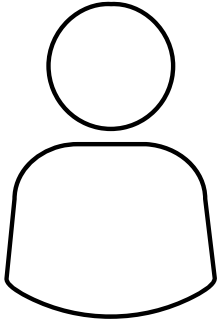


Hi! Ask me.
Team Member



Access Alliance
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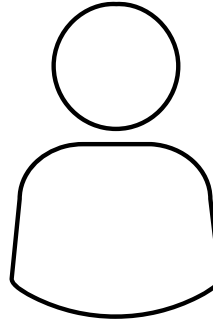
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Expressive Arts
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**“The arts help
improve my
mental
health; they
make me feel
safe and
supported”**



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**“Arts
lessened
feelings of
isolation and
I learned to
heal”**



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**Expressive arts
supports emotional
well-being**



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**Expressive arts
encourages
self-expression**



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**Expressive arts promotes
mental well-being by
providing comfort and a
sense of support**

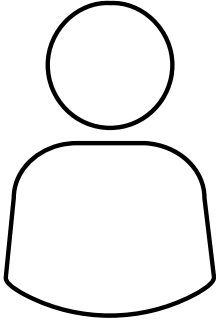


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**Creative expression can
lessen feelings of
isolation and improve
emotional management**



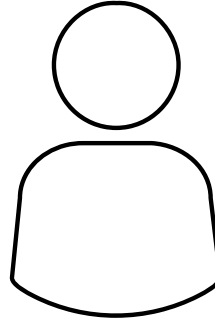
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**"I now know
that
experiencing
peace is
possible for
me"**



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**"Painting
with colours
and music
brought me
back to my
childhood"**



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**A safe, nurturing space
fosters growth,
connection, and
empowers individuals in
their healing journey**



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**Peace and
happiness can be
found through arts**

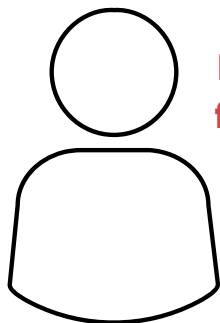


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**Expressive arts helps
people reconnect
with the inner child**



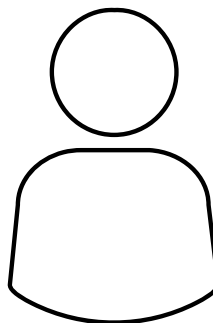
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**"Art has
become a tool
for expressing
myself and
how to
manage my
emotions"**



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**"My mental
health is my top
priority now, I
will not waste
time on
negativity"**



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**Engaging in expressive
arts encourages self-
expression, supports
emotional regulation,
and fosters well-being**



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**Participating in
expressive arts leads
to sustained self-care
practices**

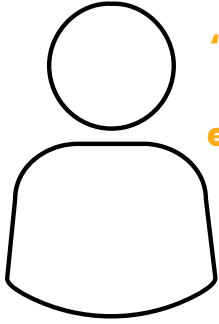


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**Expressive arts
encourages positivity
and mental well-being**



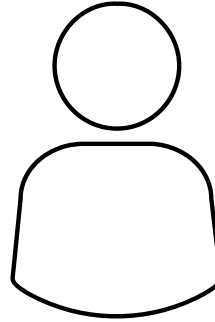
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"Learning about Human Rights empowers me to advocate for myself and others"



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"I wouldn't say that I am healed, but I can manage trauma better with art techniques"



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Learning new perspectives leads to greater autonomy and stronger relationships



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Hearing new perspectives leads to a more positive outlook



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Learning about rights empowers confidence

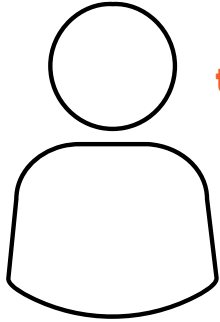


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Expressive arts can help heal trauma and inspire change for future envisioning



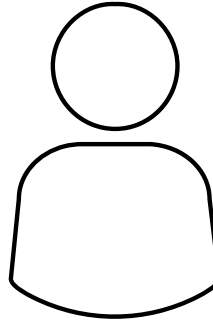
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**“Despite all
the barriers, I
want to
access the
resources I
need”**



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**“When I feel
stressed, I take
deep breaths,
draw, or listen to
music to help
myself relax”**



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**Positive shifts in
attitudes and
behaviours improves
mental well-being and
strengthens the ability
to seek support**



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**Arts encourages
determination to
overcome obstacles**



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**Music creates space
for self-expression**

