

HEALING ARTS FOR NEWCOMER FAMILY WELLBEING

Knowledge Exchange to Support Newcomer Families



Button Making Designs

HEAL Hubs of Expressive Arts for Life



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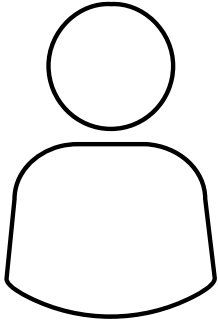
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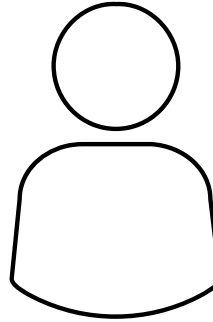
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**“The arts help
improve my
mental
health; they
make me feel
safe and
supported”**



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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**

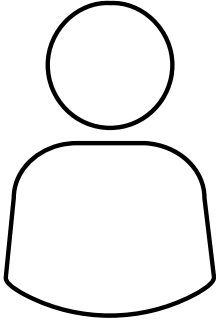


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**Creative expression can
lessen feelings of
isolation and improve
emotional management**



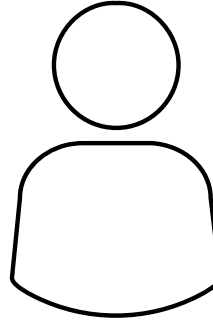
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"I now know that experiencing peace is possible for me"



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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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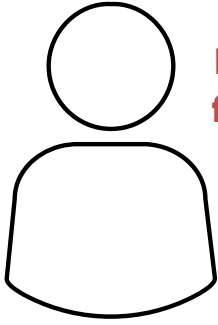
Expressive arts helps people reconnect with the inner child



Option 1

**Expressive Arts as
a Tool for Personal
Growth**

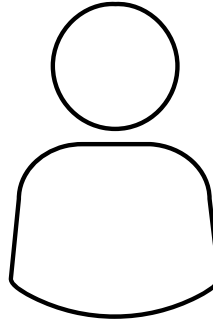
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**"Art has
become a tool
for expressing
myself and
how to
manage my
emotions"**



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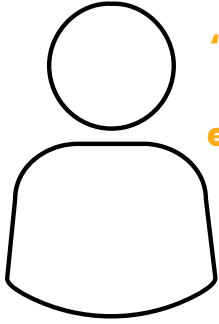
**Expressive arts
encourages positivity
and mental well-being**



Option 1

Implementation of Knowledge Gained

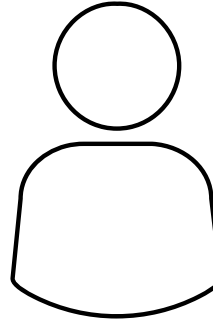
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"Learning about Human Rights empowers me to advocate for myself and others"



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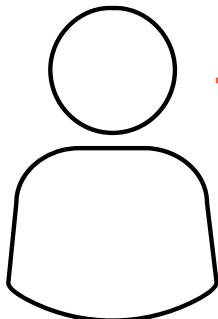
Expressive arts can help heal trauma and inspire change for future envisioning



Option 1

**Continued
Empowerment to
Invest in Self**

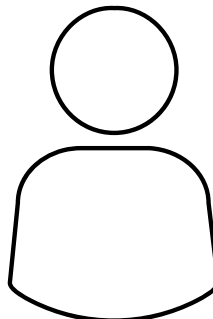
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“Despite all the barriers, I want to access the resources I need”



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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





Hi! Ask me.
Team Member



Access Alliance
Multicultural Health and Community Services



Hi! Ask me.
Team Member



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