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ART-FOR-WELLBEING GROUP WORKSHOPS

ON-SITE CREATIVE WORKSHOPS

Our art-for-wellbeing workshops offer a guided, hands-on experience that sparks joy, connection, and exploration – no artistic background required. Participants leave with a unique finished piece, simple techniques they can use again, and a renewed sense of creativity.

Arts-in-Health research shows us that creative engagement isn't just fun; it supports wellbeing and strengthens team collaboration. We'd love to partner with local workplaces to bring a joyful, science-backed creative experience to your holiday team gathering.

FEATURES THAT MAKE A DIFFERENCE

- Designed, prepared, & facilitated by an arts-in-health professional & experienced art teacher
- Promotes creativity, wellness, and meaningful community connection
- Inclusive, low-barrier experiences for all ages and abilities
- Non-toxic & eco-friendly materials for safe artmaking
- All materials, setup and cleanup included

VENUE BOOKING DETAILS

- 2 hours of guided instruction
- Venue rental and reservation are the responsibility of the host/client
- Please book venue for 30 minutes before and after for setup/cleanup

CHOICE OF ART MEDIUM

Please select one of the following:

- Ink Flowmotion - Mixed Media Layers
- Glass & Glow - Mosaic Candle Holders
- Cut & Compose - Synergistic Collage
- Shape & Sculpt - Air Dry Clay

Interested in making a collaborative group art piece?
Let us design an experience just for you. Prices vary.

NOW BOOKING FOR 2026!

Groups of 5 to 40 participants

\$35 per person

All supplies & instruction included

Optional: Wellness Goodie Bag

\$20 + tax, per person

Includes: artisan chocolate bar, 3 premium tea sachets, therapy dough, and an aromatherapy beeswax candle



Your wellbeing is our business.