



Inner Compass Creators

January Holiday Group for ages 7-11 and 12-15 run by our Counsellor and Occupational Therapist

Come chill, make cool art, try new creative stuff, and meet people who get you.

No pressure, no judgment—just a space to relax, have fun, and figure out what matters to you.

Parent meetings occur in the 2 weeks prior to Christmas.

BE PRESENT

e.g. grounding, noticing & naming what's going on

OPEN UP

name/notice feelings, allow space for emotions, allow them to come and go, aligning actions with values

DO WHAT MATTERS

values and identity exploration (who am I? what do I value? accepting myself)

See you there!

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