



The Rosedale Centre

159 Roxborough Drive, Toronto, ON Phone: 416.924.0725

PAINTING FOR WELLBEING WITH CANADIAN ARTIST AND ART THERAPY PRACTITIONER CATHERINE CAMERON

APRIL 16 & 23, 2026 – 6:30 – 8:30 PM

Cost: \$250.00 (includes artist quality canvas, artist grade paint, and all materials)



About this Workshop:

This two-session painting workshop invites participants of all abilities to explore the therapeutic benefits of arts participation in a relaxed, supportive, and non-judgmental environment.

Guided by Canadian artist and art therapy practitioner Catherine Cameron, participants are introduced to her creative techniques and processes, with an emphasis on exploration, presence, and self-expression. No prior art experience is required. Participants are encouraged to wear clothing they are comfortable getting paint on or to bring a smock.

Art-making can be a powerful way to express, understand, and gently work through emotional experiences. Whether participants are navigating anxiety, grief, trauma, or simply seeking a deeper connection to themselves, creative practice offers a safe and supportive space for reflection, insight, and personal growth.

Following a brief introduction, participants engage in guided creative expression and explore new ways to:

- Process emotions such as grief, sadness, worry, and loneliness
- Practice painting as a form of mindfulness to reduce stress and anxiety
- Improve mood and self-confidence
- Foster relaxation and presence
- Build resilience and coping skills

About the Facilitator

Catherine Cameron is a communications executive and established Canadian artist and art therapy practitioner. Her work is known for its vibrant use of colour and its expression of joy, light, resilience, and hope. Learn more at www.catherinecameronartist.ca

To ensure a high-quality and supportive experience, this program requires a minimum of six participants, with spaces limited.

Please register at: <https://www.rosedaleunited.org/programs/adults>