



**Waterloo Wellington
Self-Management Program**

Your Journey to Balanced Living



Creative Coping

Exploring Strength, Resilience, and Wellness Through Art

In this interactive, art-based workshop, participants will use art and writing activities to explore their experiences of living with a chronic condition. Together, we will look at how chronic conditions affect daily life, as well as the strengths, skills, and knowledge participants have gained along the way.

Creative activities can help reduce stress, support emotional well-being, and offer new ways to cope with pain and other challenges of living with a chronic condition. Art and writing can also create space to reflect on difficult experiences, understand emotions, and reconnect with hope, resilience, and personal strengths.

Learning Objectives:

- Explore new ways to cope with a chronic condition through art and creativity.
- Recognize and build on the skills, strengths, and knowledge gained from living with a chronic condition.
- Learn how art can support relaxation, emotional well-being, and overall health.



UPCOMING WORKSHOP

Monday

November 23, 2026

6:30pm- 8:00pm

The Galt Collective
20 Hobson Street
Cambridge, ON
N1S 2M6

Please note that this is a highly interactive workshop.

For more information or to register, visit www.selfmanagement.ca or call 1-866-337-3318

Family members and caregivers are welcome to register and attend.

Facilitated by: Alexandra Burke, Registered Social Worker