



## Creative and Therapeutic Arts Program

Spring 2025

May 5 to June 20, 2025

A preliminary meeting will be held with each person to establish objectives and form the groups.

**REGISTRATION: Open now and until groups are filled.**

Priority to current clients. For new registrations, please fill out the form on our website and send it to the following contact. Schedule subject to change according to demand. For more information, please contact:

**Melissa Sokoloff:** (514) 345-8330 ext. 205 | [melissas@goldlearningcentre.com](mailto:melissas@goldlearningcentre.com)

<https://www.miriamfoundation.ca/en/innovation/creative-arts.html>

### DESCRIPTION OF THE SERVICES OFFERED

#### **Art Therapy with children – Mélissa Sokoloff**

Art therapy with children on the autism spectrum or with other neurodivergences is a way of communicating other than with words, building self-esteem and having fun. Workshops focus on listening to the child's needs, expressing emotions constructively and creatively, and building on existing capacities. We start with the child's favorite artistic mediums and gradually expose him/her to other sensory stimuli through mediums such as painting, drawing, collage and modeling.

For children 3 years of age and older, with mild to moderate neurodevelopmental disorders. In individual sessions or group format. Please note that we do not have the facilities to do a diaper change.

#### **Schedule and Fees:**

- 45 minutes on Friday, from 3:15 pm to 4:00 pm.
- Individual or group sessions depending on the demand.
- The fee for individual sessions is \$60/session.
- The fee for group sessions is \$15/session.

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### **Group Art Therapy with Adults – Mélissa Sokoloff**

Through the activities proposed, participants will learn artistic techniques of painting, drawing and sculpture, and make collective creations. Participants are adults with an intermediate level of artistic creation, or a level of functioning that allows them to express themselves about what they are experiencing verbally or non-verbally through art. Developing a sense of belonging and the pleasure of escaping through the imagination will be at the heart of the workshops. Art-therapy objectives will be established with each participant.

For people with mild to moderate neurodevelopmental disorders. The person must be autonomous for personal care (e.g. toilets); otherwise, he, she or they must be assisted by a personal companion.

#### **Schedule and Fees:**

- 1.5 hours on Thursdays from 2:30 p.m. to 4:00 p.m.
- The fee for group sessions is \$30/session.

### **Dance and Theater for Teens and Adults - Deborah Maia de Lima**

The art of movement and theater are used for the emotional, social, cognitive and physical integration of the individual, to improve health, well-being, expressiveness, connection to self and connection to others. The activity includes role-playing, theatrical projections, choreographic performances, dance and theatrical improvisation. Each experience is unique. Deby helps the individual to progress along his or her creative path, so that the experience brings pleasure, joy and matches his or her current abilities, facilitating further development.

The person must be autonomous for personal care (e.g. toilets); otherwise, he, she or they must be assisted by a personal companion. Individual or group sessions on demand.

#### **Schedule and Fees:**

- Thursdays from 1:30 pm to 5:30 pm.
- Individual or group sessions depending on the demand.
- Individual sessions last 50 minutes. The fee is \$60/individual session.
- Group sessions last 45 min. The fee is \$15/group session.



### **Dance and Theater for Children - Deborah Maia de Lima**

The art of movement and theater are used for the emotional, social, cognitive and physical integration of the individual, to improve health, well-being, expressiveness, connection to self and connection to others. The activity includes role-playing, theatrical projections, choreographic performances, dance and theatrical improvisation. Each experience is unique. Deby helps the individual to progress along his or her creative path, so that the experience brings pleasure, joy and matches his or her current abilities, facilitating further development.

For children 3 years of age and older, with mild to moderate neurodevelopmental disorders. In individual or group sessions on demand. Please note that we do not have the facilities to do a diaper change.

#### **Schedule and Fees:**

- Thursdays from 1:30 pm to 5:30 pm.
- Individual or group sessions depending on the demand.
- Individual sessions last 50 minutes. The fee is \$60/individual session.
- Group sessions last 45 min. The fee is \$15/group session.

### **Music Therapy for Adults and Teens - Asa Kando**

Music is a neurologic language as well as a form of creative expression that helps our brain to learn, regulate, soothe, and change. In music therapy, musical/sensory experiences with one's voice, instruments, and movements are safely provided in an evidence-based manner to maximize participants' strengths and potentials. Engaged in music, participants can enhance their communication, constructive social interaction, emotional stability, self-expression, self-confidence, feeling of being validated, sense of autonomy, and more.

#### **Schedule and Fees:**

- 50 minutes on Wednesdays at 2:00 pm and 5:30 pm.
- The fee for individual sessions is \$60/session.



### **Music Therapy for Children - Asa Kando**

Research has shown that musical/sensory experiences can support learning and development of autistic children and those with neuro-developmental challenges, when these experiences are carefully provided in evidence-based music therapy. Engaged in music, children can enhance receptive/expressive language, constructive social/communication skills, emotional stability, self-confidence, fine/gross motor skills, cognitive skills such as sustained attention, and more, all while having fun.

#### **Schedule and Fees:**

- 45 minutes on Wednesdays at 1:00 pm, 3:00 pm, 3:45 pm, 5:30 pm and 6:30 pm.
- Individual or group sessions depending on the demand.
- The fee for individual sessions is \$60/session.
- The fee for group sessions is \$15/session.

### **Digital Technologies & Art Group for Adults and Teens – Momo Escobedo**

This workshop is centered around enhancing access to digital technologies as tools for creativity. Participants will be encouraged to follow their own interests and creative spark as they explore innovative ways to incorporate digital elements into their unique artistic expressions. This workshop aims to strengthen participants' artistic voice, sense of self, and relationship to the group. This workshop is open to all levels, but participants must have an existing interest in art and digital technologies.

For people with mild neurodevelopmental disorders. The person must be autonomous for personal care (e.g. toilets); otherwise, he, she or they must be assisted by a personal companion.

#### **Schedule and Fees:**

- 1.5 hours on Tuesdays from 10:30 p.m. to 12:00 p.m.
- The fee is sessions \$30/session.

### **Digital Technologies & Art Individual Workshops for Adults and Teens – Momo Escobedo**

This workshop is centered around enhancing access to digital technologies as tools for creativity. Participants will be encouraged to follow their own interests and creative spark as they explore innovative ways to incorporate digital elements into their unique artistic expressions. This workshop aims to strengthen participants' artistic voice, sense of self, and

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relationship to the group. This workshop is open to all levels, but participants must have an existing interest in art and digital technologies.

For people with mild or moderate neurodevelopmental disorders. The person must be autonomous for personal care (e.g. toilets); otherwise, he, she or they must be assisted by a personal companion.

**Schedule and Fees:**

- 50 minutes on Tuesdays at 3:00 – 3:50 pm.
- The fee is \$60/session.

## **Creative Saturdays** **March 29 to June 14, 2025**

**REGISTRATION:** [Open until groups are filled.](#)

For registrations, please fill out the form on our website. Schedule subject to change according to demand. A preliminary meeting will be held with each person to establish objectives and form the groups.

**\*Closed on Passover (April 12), Easter (April 19) and Victoria Day (May 17)**

### **DESCRIPTION OF THE SERVICES OFFERED**

#### **Music Exploration – Asa Kando**

**For 3 to 11 years old**

Rhythms, melodies, movements, lyrics, vibrations and so much more! Evidence-based musical/sensory experiences can support learning and development in children with neurodevelopmental uniqueness. Engaged in listening, playing, singing, moving, music & art-making with peers following different themes, children can enhance capacity of speech, constructive interaction, self-confidence, emotional stability, motor coordination, and cognitive skills, all while having fun!

For children from 3 to 11 years old, with mild to moderate support needs.

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#### **Schedule and Fees:**

- 45 min session
- \$15 per session
- In group from 1:00 to 1:45 pm

#### **For 12 years old and +**

Music is a neurologic language and a form of creative expression that helps our brain to learn, regulate, soothe, and change. Engaged in holistic music experiences through listening, singing, feeling, moving, and music-making with peers, all enriched by various forms of creative art and movement, participants can safely explore and enhance their self-confidence, autonomy, emotional stability, capacity of constructive interaction, setting boundaries, and more.

For those over 12 years old, with mild to moderate support needs.

#### **Schedule and Fees:**

- 45 min session
- \$15 per session
- In group from 3:15 to 4:00 pm



#### **Visual Arts – Elisabeth Eudes-Pascal**

##### **For 3 to 11 years old**

The first workshop will be an opportunity to get to know the children, what they like, and what they can do together.

Mediums used: gouache, oil pastels, wax crayons, collages.

Each workshop will have a different theme and a different medium proposed, which the children will be free to follow/use.

The artist will adapt to the child's wishes and abilities, encouraging him/her/them to explore different techniques.

The objective is to let children express their own creativity and at the same time bring them to discover new ways. And to have fun!

#### **Schedule and Fees:**

- 45 min session
- \$15 per session
- In group from 2:00 to 2:45 pm



### **For 12 years old and +**

The first workshop will be an opportunity to get to know the participants, what they like and where we can go together.

Mediums used: gouache, oil pastels, wax crayons, collages and graphite.

Each workshop will have a different theme and a different medium proposed, which the participants will be free to follow/use.

We will have drawings from observation, using flowers, portraits of other participants, etc.

The artist facilitator will adapt to the participants' wishes and abilities, encouraging them to explore new techniques.

The objective is to let participants express their inner artist, and at the same time bring them to discover different ways of creating. And to have fun!

### **Schedule and Fees:**

- 45 min session
- \$15 per session
- In group from 4:15 to 5:00 pm