



Tree of Life Support Group

In this creative and supportive group, you'll utilize the tree as a metaphor to tell stories about one's life. Participants are invited to think of their life in relation to the different parts of a tree, highlighting what makes them unique.

Participants can expect to go from a tree of life to a forest of life and together, weather the storms of life.

Age	8 – 12 Years
Day	Monday
Time	5:30 PM – 7:00 PM
Duration	January 20 – February 10, 2025
Location	Strides Consilium Location 100 Consilium Pl. Suite 600
Enroll	stridesintake@stridestoronto.ca 416-438-3697 ext. 19055

Registration Closes on January 13, 2025.

This FREE 4-week in-person art program includes:

- **Exploring your roots**
Reconnect with where you come from, family history and names of people who have taught you most in life.
- **Growing your skills**
Reconnect with your skills and abilities and what you are good at.
- **Dreaming about your future**
Connect with your hopes, dreams, and wishes for the life you want to live.
- **Recognizing important influences**
Reflect on the people, relationships, and experiences that have guided and supported you.
- **Weathering the storm**
Discover as a collective the ways that people move through problems and what is helpful in the face of adversity.