

SENIORS' ACTIVITY CENTRE

WORKSHOP ON CREATIVE EXPRESSION ACTIVITIES PROGRAM

This exciting new workshop is offered in partnership with Society for Arts in Dementia Care featuring the years of research from and presented by Dr. Dalia Gottlieb-Tanaka.

This workshop offers a theoretical basis for the Creative Expression Activities Program based on a variety of planned and spontaneous activities addressed to clients of healthy cognition and to clients of mild to moderate dementia. Workshop participants (facilitators and informal caregivers) will learn new ideas that will enrich their own work.

The program includes topics such as health and family matters, fears, anxieties, achievements, life and death issues, food, arts, pets, seasonal celebrations and holidays and how they can materialize into creative expressions.

The workshop emphasizes the use of clients' present abilities that may encourage them to tap into their past life histories and express their feelings creatively through drawings, writing poems, storytelling, music and reminiscing.

This program has the potential to reduce anxiety and stress to both client and caregiver and therefore increase the quality of life for both.

PRESENTER: DR. DALIA GOTTLIEB-TANAKA

FRI | MARCH 20

8:30 A.M. - 12:30 P.M.

#1015121 | \$10

604-925-7280

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