

Let's celebrate National Volunteer Week!
 OACAO Volunteer VIRTUAL Appreciation Event
 OACAO Member Centre volunteers are invited to:

Optimizing Mental Health through Art

Monday, April 17, 2023 from 1:30pm – 2:30pm EDT
 Presenter: Melissa Lauren Pisarzowski B.F.A, M.F.A

Participants will be taken through grounding meditation through music, connectivity exercises, and creative writing facilitated using Cognitive Behaviour Therapy and Dialectical Behaviour Therapy techniques.

Explore reframing negative thoughts through arts-based practices, create interconnected visual and musical landscapes through shared feelings, and learn how to turn their life experiences into art and music.



A bit about her background – with a Master's degree in Musicology from York University, Melissa has been a practicing music therapist with a number of organizations for the past 12 years, as well as an Addictions Counselor and Group Facilitator at Alpha House in Toronto. In her spare time she both arranges musical pieces and leads several choir locations for the "My Pop Choir Organization".

Free for all OACAO Members/Partners volunteers. Participation can be done Virtually (with Closed Captioning) or by Telephone. **(Register in Advance)**

<https://oacao.wildapricot.org/event-5192117>

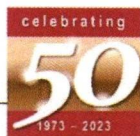
Limited tickets available on a first come, first served basis.

For more information, contact OACAO 905-584-8125
 or Toll Free 1-866-835-7693 or email Lina Zita at coordinator@oacao.org

Older Adult Centres' Association of Ontario
 Association des centres pour aînés de l'Ontario

OACAO

The Voice of Older Adult Centres
 La voix des centres pour aînés



Links2Wellbeing
 social prescribing for older adults