



# Art Therapy for Workplace Wellness

By Zehra Kizilbash- a Certified Art Therapist

When:  
**Sat - May 20, 2023**  
10:00 am to 11:30 am

Where:  
**Online- Zoom**

[Click here to register](#)



*The healthiest form of projection is art.*  
-Fritz Perls

**No Prior Experience in Art Required**

**For inquiries:**

**Call:** 604 374 3405

**email:** mary.akbari@issbc.org

If you are a Temporary Foreign Worker in BC, join this online webinar to learn about:

**Cultivating Self-Awareness & Managing Stress**

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