



Hello! My name is Michelle, & This is my beloved pet Iguana Mushu



I would love to offer you a new list of workshops that I only offer to local West Island organizations.

With full disclosure, I DO NOT have my masters in specifically children's art therapy. My workshops are wellness and healing-focused with art lessons and optional live animal picture days. My certifications and degrees mostly lie in the Environmental Technology sector (grad SLC), and I currently work for McGill University MED in the laboratories caring for and regulating the research critters I feel a personal stewardship towards.

However, I wish to return to my original field of passion being workshop animation, combined with my fiery passion for self-empowerment and advocacy, as well as combining my talents and equipment available to me for artistic creation and design.

If you wish to hear, my personal story will tell you all about my healing journey, which has allowed me to gain a vast repertoire of healing and wellness techniques that I wish to share with our community. I warn you, it can be emotional, but I have become more than comfortable turning my story into a motivational speech for myself and the listener. Sharing my story and helping others is the final chapter of my healing journey. My role model who played a formative role in my motivations is Joanne Kielo, who was MY childhood art therapist, and Renate Heidersdorf of LaPalette, a local art school, who taught me flow state in art and many incredibly valuable life lessons.

I have a deep passion for ECE; I taught classes with SLC University's early childhood education program and have done countless hours of personal research with a focus on childhood/teen

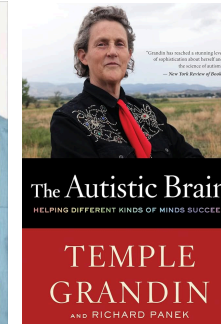
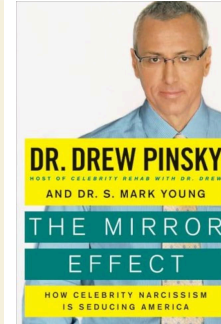
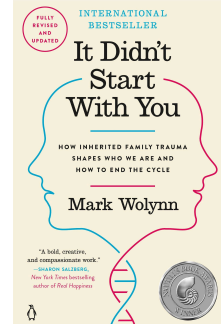
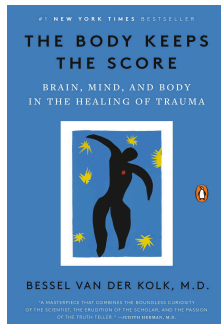
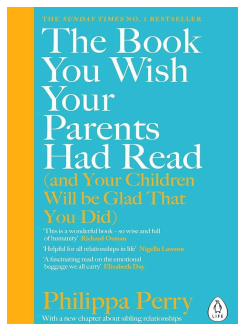
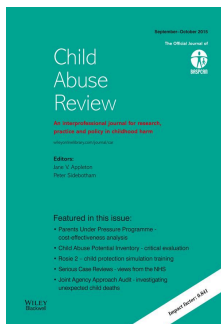
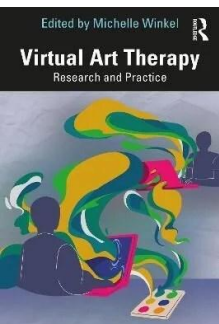


abuse and deprivation-level neglect. I have **voluntary certifications** with: OSHA WHIMIS, CALAS, the CFIA, and professional experiences with: the Red Cross special needs caretaking certified, CICE special need adult university-level teaching and private tutoring, Children's educational workshops (10+ years experience) with the Raisin River Conservation, St. Lawrence river institute, SLC, Reptizoo, and with my own animation service for children called Curious and Creative Critters.

I hope to offer these workshops as **complementary healing, learning, and wellness classes** utilizing art as a catalyst for expression and flow-state conversation. I offer MANY optional special bonuses such as live animals, photobooths with professional edits, curated half-day or daylong trips, team building and morale-boosting activities/games, and a collaborative class personalized calendar you can have printed per student, and much more!



On a personal note: Diagnosed with CPTSD due to severe childhood trauma/neglect, personally, I wish to prevent emotional isolation, abuse, shame, and silence from happening to another child/teen. Some of my readings: The autistic brain by Temple Grandin, The Book You Wish Your Parents Read and Your Kids Will Be Happy You Did, The Body Keeps the Score,





Self-sustainability, *substance abuse group workshops & art classes*

1. **Adults** Substance abuse art class workshops- finding the right outlets, personal liability, and “compliments” a substance abuse substitute that compliments your lifestyle (18+)
2. **Teen’s** Substance abuse workshops- finding the right outlets (14-18)



This workshop is aimed at two groups, teens and adults. Its focus is to teach new sobriety techniques, methodologies, and practices utilizing art as a catalyst for flow state conversation and emotional expression through compassionate vulnerability. Students will learn these valuable life lessons as well as new artistic outlets for a sustainably sober and happy life.

Additional Personal Motivation: With over 12 years clean, I have conquered a schedule 1 addiction, overcome the turmoil, and continue to manage the physical consequences of my traumas. I feel as if I have reached a thriving point in my life, with gained emotional intelligence and a new sense of self-advocacy. I wish to give back to the community with everything I have learned throughout my decades-long healing journey.





10 artforms, 10 classes, 1.5 hour per class

- ☐ Acrylic keychain making and decoration
- ☐ Clay work/sculpture making
- ☐ Clay work, painting/stencil applique, and final gloss coat application
- ☐ Acrylic markers mandellas on black foam board
- ☐ Fabric paint on canvas bags/sweatshirts
- ☐ Watercolor pencils on watercolor paper cardstock
- ☐ Japanese calligraphy ink on rice paper
- ☐ Oil Pastels
- ☐ Manga markers: how to draw a tiger pop art masterpiece: follow along guide
- ☐ Thank you / gratitude card craft or vision board creation

Class Itinerary

Duration	Activity
15 minutes	Welcome / welcome back + introduction to the topic of the day and art media of the day
20 minutes	Guided follow-along ART Lesson + class presentation
15 minutes	LIFE Lesson of the day + class presentation + substance abuse topic of the day + group discussion with art creation
30 minutes	Open guided art and lesson discussion time
10 minutes	Wrap-up art project + final motivational phrase/mantra of the day + clean up

Class Schedule

Class	Guided ART Lesson	LIFE Lesson / Topic	Optional event
1	How to create a custom keychain in steps, follow along lesson, how to safely heat your own acrylic sheet 1 on 1 guided lesson + decoration techniques	Introductions, My story, Your story	
2	How to create a bowl, a mug, or an animal of your choice from oven-dry clay	Personal liability, what does that mean and what does that	Snake day 1 small snake





	1 on 1 guided lesson -take home in a protective box to dry in oven or toaster oven ! Bring in or leave there for the next class to paint and apply the gloss coat	mean for YOU - technique share	photobooth
3	How to apply a stencil of your own design onto your creation and/or hand-paint it. Then apply a gloss coat to dry in class (pick up to take home following class)	Personal outlets what is that and what are they for YOU? What outlets do you think you would enjoy?	Iguana day! photobooth
4	How to make a repeating pattern mandala using satisfying textures of thick, vibrant acrylic paint markers on soft, thick black foam board	Routine: what is that exactly, and what does your loose routine look like? My activities and events discussion	
5	Select from a canvas bag or sweatshirt to apply your own fabric paint design, learn how to mix and set your fabric paint guided lesson - choose your own design	My community discussion who I surround myself with, and what does that have? What is my own influence on my loved ones and the community?	Snake day 2 large snake photobooth
6	Learn watercolor bleeding techniques, follow along lesson, learn how to paint a sunset with shadowed clouds, guided lesson	Routine improvement in little everyday steps, analyzing your routine steps, and optimizing them through group discussion	
7	Learn an extremely calming zen technique of Japanese calligraphy Follow along bamboo forest lesson Tiger or mountains guided lesson	"My compliments" or complimentary actions, what are they and what does that mean for me and my life	Bunny day photobooth
8	Learn how to layer oil pastels and proper smudging techniques, follow along lesson + flower field guided lesson	Hot coal activity - learning to let go of the pull/distraction of addiction by pulling yourself in another direction to satisfy the seeking alarm in your brain. Where does this seeking alarm come from?	
9	Manga marker proper color block layering & graphic style techniques guided lesson, and create a tiger masterpiece follow-along lesson	My outlets list my happiness list and gratitude discussion - what does gratitude mean to you?	Tarantula day photobooth
10	Thank your loved ones or your sponsor by creating a specially made craft card guided lesson How to create a window card follow-along lesson	Gratitude final class individual speech and art presentation and art gallery showcase	3 reptiles! Photo day

Class size maximum is 26!





Healthy Relationships: Adult and Teen art group therapy workshops

These workshops will allow separate groups of teens and adults who wish to learn about self-advocacy a safe space to learn about, discuss, and plan exit strategies for abuse scenarios. Group discussions will be targeted towards learning self-advocacy through self-esteem practices, what makes a healthy relationship, not just romantic: professional, personal, fraternal, or even work relationships are analyzed and discussed. We will also go through abuse techniques and the small, nearly insignificant signs you can miss that can lead to eventual coercion, control, physical danger, or isolation. These workshops will always encourage self-esteem practices and advocacy boundaries. Teens and adults will utilize the same topics, but use different age-appropriate language and terminology



10 artforms, 10 classes, 1.5 hour class

- ☐ Acrylic keychain making and decoration
- ☐ Clay work/sculpture making





- ☐ Acrylic markers mandellars on black foam board
- ☐ Guashe and oil painting
- ☐ Fabric paint on canvas bags/sweatshirts
- ☐ Watercolor pencils on watercolor paper cardstock
- ☐ Japanese calligraphy ink on rice paper
- ☐ Oil Pastels
- ☐ Manga markers: how to draw a tiger pop art masterpiece: follow along guide
- ☐ Thank you / gratitude card craft or vision board creation

Class itinerary

Duration	Activity
15 minutes	Welcome / welcome back + introduction to the topic of the day and art media of the day
20 minutes	Guided follow-along ART Lesson + class presentation
15 minutes	LIFE Lesson of the day + class presentation + relationship abuse topic of the day + group discussion with art creation
30 minutes	Open guided art and discussion time
10 minutes	Wrap-up art project + final motivational phrase/mantra of the day + clean up

Class Schedule

Class	Guided ART Lesson	LIFE Lesson / Topic	Optional event
1	How to create a custom keychain in steps, follow along lesson, how to safely heat your own acrylic sheet 1 on 1 guided lesson + decoration	Introductions, My story, Your story, my boundaries, your boundaries	





2	How to create a bowl, a mug, or an animal of your choice from oven dry clay 1 on 1 guided lesson -take home in a protective box to dry in oven or toaster oven ! Bring in the next class to paint and apply the gloss coat	Personal advocacy and what does that mean, and what does that mean for YOU - technique and esteem practices to share Self-advocacy is strongly tied to self-esteem	Snake day 1 small snake photobooth
3	How to apply a stencil of your own design onto your creation and/or hand-paint it. Then apply a gloss coat to dry in class (pick up to take home following class)	What are you good at? What makes you proud to be you? What esteem builders I list do you think you would enjoy? What do you think will help your personal esteem? + voluntary fun "Homework" with a prize	Iguana day! photobooth
4	How to make a repeating pattern mandala using satisfying textures of thick vibrant acrylic paint markers on soft, thick black foam board	What I want my life to look like, and how do other people change or influence that? What is too much influence or change? Life design activity. Exit strategies	
5	Select from a canvas bag or sweatshirt to apply your own fabric paint design, learn how to mix and set your fabric paint guided lesson - choose your own design	My community discussion: who do I surround myself with, and what does that influence? What is my own influence on my loved ones and the community in terms of abuse? Self-reflection of behaviour discussion	Snake day 2 large snake photobooth
6	Learn watercolor bleeding techniques, follow along lesson, learn how to paint a sunset with shadowed clouds, guided lesson	Routine improvement in little everyday steps, how can it help my self-advocacy, understanding that others can hold power over something ie, your boss, but it doesn't give them the right to "hostage" you or your emotions. Exit strategies	
7	Learn an extremely calming zen technique of Japanese calligraphy Follow along bamboo forest lesson Tiger or mountains guided lesson	What's mine, what's ours, and what's too much sorting game: financial , isolation, belittling, abuse strategies, blackmail, and more terminology. Exit strategies	Bunny day photobooth
8	Learn how to layer oil pastels	Coercion techniques discussion:	





	and proper smudging techniques, follow along lesson + flower field guided lesson	the carrot vs the stick in abuse, lovebombing, and gaslighting examples	
9	Manga marker proper color block layering & graphic style techniques guided lesson and create a roaring tiger masterpiece follow-along lesson	When politeness is taken too far, the mouse and cookie scenario and how to “feed a mouse,” aka give what only makes you comfortable. Exit strategies and boundaries	Tarantula day photobooth
10	Thank your loved ones or your younger self by creating a specially made craft card with a special message, guided lesson How to create a window card follow-along lesson	Gratitude final class individual speech and art presentation art gallery showcase!	3 reptiles! Photo day

Class size maximum is 26!





Art cooperation workshops

6-class art course, 1.5 hours each class. 3 large take-home family pride art projects.

This course is aimed at conflict consultations within a group workshop. This course will feature spatial relationship techniques, parasympathetic nervous system regulation through flow state, and 3 cooperative take-home art projects utilizing conversation mediation to work through familiar issues or troubled emotions/behaviours. This course will aim to boost familiar pride and features an end-of-course art gallery display event.

Before the start of each course, teachers will be asked what topic or subject they wish to gently approach with their students, utilizing mediated and counseled conversation. The topic will be gently approached and guided throughout the class.

Topics can include: divorce, problem behaviour, outbursts, disengagement, secrecy, shame, relationship turmoil, quarreling, hard conversations to explain particular events, and more

3 large project artforms, 6 art classes, 1.5 hours per class

- ☐ Large Multimedia painting
- ☐ Sculpture making
- ☐ Matching outfit painting/personalization





Class Itinerary

Duration	Activity
15 minutes	Welcome / welcome back + introduction or continuation to the lesson on the current art media
15 minutes	Guided follow-along ART Lesson to start or to continue the cooperative art project
15 minutes	Guiding individual groups through their project and initiating conversations by asking open-ended questions that lead to a conversation on the chosen subject/topic by the parent
30 minutes	Open guided art time and discussion mediation
15 minutes	Wrap-up art project + final motivational phrase of the day + clean up

Class schedule

Class	Guided art lesson	Materials
1	Large multimedia painting	Large canvas, watercolor set, acrylic set, and oil paint set, cut magazines, crafting decoration supplies, and tools
2	Large multimedia painting	Brushes, water cups, towels, spray-on painting sealant + more odds and ends
3	Plaster sculpture making	Wire, tin foil, newspaper, painters' tape
4	Plaster sculpture making 2	Plaster mache, cheesecloth strips, finishing mud, forming and sanding tools, and finishing spray
5	Matching sweat-suit painting	Matching size-appropriate sweat suits, paintbrushes, stencils, spray tools, bows, ribbon, stamps, sewing kit
6	Matching sweat-suit painting 2	Fabric paint sets, fabric paint mixing solution, setting spray, and a heat iron





With Creative Clarity

Teen's Antisocial Art Club

Art & emotional regulation classes 10 class course Ages 14-18

CLASS MATERIALS INCLUDED!

Hand Painted Canvas Totes

Jordan

Teens' antisocial art club 10-class course

This workshop is aimed towards troubled or at-risk youth (12 - 17) (18-22) with emotional regulation or behavioural difficulties without a known pinpoint. These classes utilize art therapy techniques to mediate conversations of vulnerability and healing. This class will focus on esteem building and appreciating one's own style and personality.

This class will create a mood board with fairy lights for displaying, a comic-style fantasy original character sheet, paint and personalize canvas bags, shoes, sweatsuits, and 1 personal item from home. This class aims to allow teens to gain confidence through clothing personalization, interpersonal relationship development, and emotional intelligence discussions/lessons. The emotional intelligence goal is to allow





students to gain a sense of self-advocacy and understand the root of their turmoil. Empty chair techniques will be utilized to explore the root of traumatic emotions in a safe and controlled environment. We aim to identify issues that lead to outbursts, uncooperative/difficult behavior, isolation, or concentration problems. All done through artistic expression, team cooperation, self-advocacy, and esteem building.

6 large project artforms, 10 art classes,
1.5 hours per class

- ☐ Mood board creation
- ☐ Original comic book character sheet and story creation
- ☐ Paint and design your own shoes!
- ☐ Paint and design your own canvas tote bag!
- ☐ Paint and design your own personal item from home - clothing
- ☐ Paint and design your own sweatsuit!

Class Itinerary

Duration	Activity
10 minutes	Welcome / welcome back + introduction or continuation to the lesson on the current art media
10 minutes	Guided follow-along ART Lesson to start or to continue the art project
15 minutes	Guiding individuals through their project and initiating conversations by asking open-ended questions that lead to a possible root of any possible turmoil or difficult emotions, gives each teen something to think over
45 minutes	Open guided art time with a lesson group activity, discussion, or game.
10 minutes	Wrap-up art project + final motivational phrase of the day + clean up

Fabric painting kit: includes: fabric paint in pallets with 10 colors, fabric paint markers with 15 colors, paintbrushes,





stencils, spray tools, bows, ribbon, stamps, sewing kit, fabric paint mixing solution, setting spray, wax paper, and a heat iron

Class schedule

Class	Guided art lesson	Lesson Plan	Materials	Optional
1	My mood board, designing a craft foam "personality board" using craft supplies, foam boards, graphic markers, and cut magazines	Welcome, my story, your story, introductions of what makes you unique - learn how to collage craft something to display in your room or locker	Large canvas or foam board, acrylic markers, cut magazines, crafting decoration supplies, and tools	
2	My mood board	Your style, your routine, guided discussion - learn how to value your art and seal it in spray epoxy (outdoors)	More crafting supplies and spray-on painting sealant	Snake day 1 small snake photobooth
3	My character sheet creation	Who I am activity. fantasy character arc creation using personal story and talents - learn how to draw 4 different poses	Graphic markers, design supplies, manga character creation printouts	
4	My character sheet creation - now surround your character with everything you love - words, drawing, or collage	Learn to draw manga / comic-style faces and hair! - What do I love? What do I love doing? How do you wish your character's story to continue? -relate to your own life and goals	Practice drawing sheets. Manga markers, graphic markers, comic book coloring markers, rulers, magazines to cut	Iguana day! photos
5	My Shoes painting	What is esteem and self-advocacy? What is my own esteem? What can I do to improve my self-esteem?	Fabric converse or Vans-style board shoe + Fabric painting kit	Snake day 2 large snake photos
6	My Shoes painting	Esteem builders - activities,	Fabric painting kit	





		hobbies, self-care care and daily actions		
7	Canvas bag painting	Learn how to draw a roaring tiger or a pegasus - empty chair activity	Canvas tote-bag + Fabric painting kit	Bunny day photos
	Canvas bag painting	Personalize your roaring tiger or pegasus - empty chair activity	Fabric painting kit	
8	Personal item from home painting	My plan, my routine, my boundaries, activity from what we learned in the empty chair classes	Personal item from home + Fabric painting kit	Tarantula day photos
9	sweat-suit painting	Learn 4 types of calligraphy styles! Write your name and personal image - what is your personal image?	size-appropriate sweatsuit + fabric painting kit	3 reptiles ! Photo day
10	sweat-suit painting And fashion show surprise your friends and family -leave class in your new suit!	Believe in yourself and practice your self-advocacy, final motivational lesson and activity - be proud of all you've made!	Fabric painting kit, The sweatsuit is made to fit OVER worn clothes for that day	

Class size maximum is 26!

