

Art Therapy

Art forms an integral part of the leisure programs offered at Haro Park Centre.

The artistic process has been shown to improve physical, emotional and spiritual well-being. It fosters creativity, and creativity is directly connected to longevity.



The creative process of art expression lifts morale, increases cognitive skills, decreases neuroses, stimulates the senses, and brings new energy.

At Haro Park we have regularly scheduled art sessions as well as drop-in times. The art room is open 24 hours a day so elders are free to enjoy the space whenever they feel most creative.

