



Give young people a space to express themselves

As part of the opening of the Pavillon Enfant Soleil in Sherbrooke, scheduled for February 2026, the child psychiatry unit wishes to offer art workshops, specially designed to accompany young people aged 0 to 18 in their care journey. These spaces will allow them to explore different forms of expression, whether through drawing, painting, or pottery, thus promoting their development and resilience in difficult stages of their lives.

Your support is essential to make this project a reality and to provide hospitalized children with a place where art becomes a source of comfort and healing.

Help us provide care in a different way: Support art workshops in child psychiatry



Art at the service of health

Several studies have demonstrated the benefits of arts therapy for young people with mental health disorders.

This approach, complementary to conventional therapies, allows young people to express their feelings, reduce stress related to the hospitalization context and promote physical and mental relaxation.

The child psychiatry unit of the new Mother-Child and Emergency Centre, now called the Pavillon Enfant Soleil et urgences, will be equipped with an art workshop for its clientele (0-18 years old). Young people will be able to go to the art workshop to draw, paint, make pottery or any other artistic creation.

Through these activities, the young people will be able to express their emotions, put their feelings into images or forms and possibly share them with the therapist or other young people, during group therapy

Your donation would finance this space in addition to allowing the acquisition of tools and accessories for visual art activities, pottery, crafts, etc.

Support this project

\$50,000



The CHUS needs you **now**.

Benefits for young patients

- To offer young people a way to express their emotions through artistic creation.
- Promote relaxation and well-being, both physically and mentally.
- Reduce stress and anxiety related to hospitalization.
- Encourage social interaction and inclusion.
- To complement traditional therapeutic approaches in child psychiatry through art.
- Provide welcoming and stimulating spaces to promote communication.
- To enable young people to discover and experiment with various forms of artistic expression.

1300+

will be able to benefit annually
from these new art therapy spaces