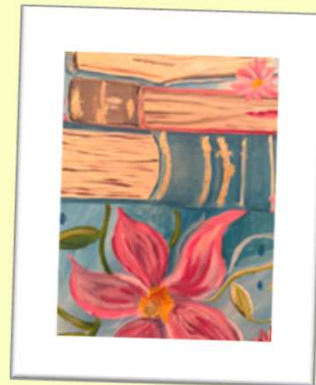


Virtual Painting Classes

Step-by-step guided painting with an art instructor

Express yourself, reduce stress, and build confidence through art

No art experience needed – all levels welcome



Details

- Fridays from 1:00pm-3:15pm
- **Oct. 23 – Dec. 11**
- **Online** via Microsoft Teams
- Must be connected to Fraser Health mental health & substance use services

How to register

- Ask your clinician for a referral
- Contact Otilia Kozelj any questions at chmanager@newviewsociety.ca
- Must provide your own supplies (list attached)

Virtual Painting Supply List 2026

****Important note:** you are not required to purchase expensive supplies or any specific brand names. Most can be purchased at the dollar store, which will work well for this class!

Materials you will need from home

- Drop cloth or old sheet for floor of work area
- Painting shirt or apron (acrylic paint does not come out of clothes)
- Water Container - yogurt container or canning jar
- Paper towel or rags - old towels or rags work great
- Egg cartons (plastic or cardboard – but not required)

Painting Supplies

- Acrylic Paint Colours:
 - Red primary or deep or Carmin, yellow primary, blue (Cyan and Ultramarine), black, white, Titanium,
 - Magenta and Ochre (8.5 fl.oz - small bottle or close to that)
 - You can use your own paints however we do a lot of mixing of colours
- Brushes (you can use your own brushes however it is highly recommended that you have the ones on the supply list):
 - very large flat head or filbert
 - medium flat head
 - medium filbert
 - small round, small flat head, and small filbert
 - liner or rigger medium length
 - angle brush and fan brush
- Canvas: 12x16 (beginner) or 16x20 (advanced)
- Canvas pad 12x16 or your preferred size
- Palette: paper or plastic plates or peel off palette
- Brush Cleaner: dish soap or bar of ivory soap or brush cleaner
- Hair Dryer – a must have (for drying the paint between steps, if in a bigger group a few hair dryers!)
- Medium -glossy or matt small bottle, I prefer glossy
- One fluffy sock and one old toothbrush
- Spray bottle to keep paints wet - eye glass cleaning spray bottles work great
- Sketch book or piece of paper and pencil



Other recommendations from the instructor:

- Below is a brush set that you can get from Dollarama for \$5. It includes brushes such as fan, round, large flat head, small flathead, liner and angle brushes. Great deal!! At Dollarama I have noticed that some of these brush sets that are coming in don't have an angle brush included in the set. If so, look for a set with an angle brush or you can buy an angle make-up brush separately!
- Micheals is also a great store for supplies. When you sign up, you can receive discounts of up to 40% or deals of two for the price of one for canvases when on sale.
- I prefer Amsterdam paints - they are student quality
- Liquitex paint is also a good name brand

