



Art Therapy

When words are not enough

Caring for an aging loved one can be challenging. Sometimes what you need most is a safe place to process everything that is happening in your life.

Art therapy for caregivers. No artistic talent required. Explore your feelings while enjoying the life-affirming pleasure of creating art. Small group with a certified art therapist.

Tuesdays evenings from 6:30 to 9:00 p.m. in May and June. Free of charge!

- May 9:** The self-portrait box: Inside and outside of self
- May 16:** The mask process
- May 23:** Caregiving experience through clay
- May 30:** Body tracing & spontaneous painting
- June 6:** Honouring our needs: based on Maslow pyramid
- June 13:** Hope and resilience through art

Attend all six sessions or just a few. For more information or to enroll, please call 418 684-5333, ext. 1539.

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