



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.

Register now for FREE art therapy for caregivers. No artistic talent required. Explore your feelings while enjoying the life-affirming pleasure of creating art. We offer small group sessions with a certified art therapist. Take some time for yourself this summer!

Sessions start promptly at 9:30 am in room 1135 on the main floor Jeffery Hale Pavilion (1270 ch. Ste-Foy) Feel free to park in the JEFF hospital parking lot; we will provide vouchers to cover your parking expense for this activity.

July 6:	The self-portrait box: Inside and outside of self
July 13	Honouring our needs
July 20	Caregiving experience through clay
July 25	Body tracing & spontaneous painting
August 1	Hope and resilience through art
August 10	The mask process

Attend all six sessions or just a few. **Pre-registration is mandatory.** For more information or to enroll, please call Jan Anderson, Community Organizer 418 684-5333, ext. 1539.

Funding provided by:

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