

Artistic Expression Group

Time: 8 Wednesday evenings @ 7-9 PM
Feb. 21 to April 11, 2018

Purpose: Gain insight, improve judgment, cope with stress, and work through traumatic experiences using painting, drawing, and molding clay.

Express thoughts and feelings through a creative process using different learned art forms of imagery, colour, and shape.

Experience the power of projecting feelings and inner conflicts in a visual form which would otherwise be difficult to express in words.

Increase self-awareness and self-esteem.

Embark on this journey in a group setting that serves to be a catalyst for encouragement and change.

Focus on the **experience** of **expression** while taking this art journey together, not on the **expectation** of outcome, therefore no past art experience is required.

Group Size: Limit of 6

Location: The Caring Place 2146 Robinson St.
(Art Room in Basement) 306-347-2273

Cost: \$240/person (8 – 2 hour sessions @ \$15/hr)

Facilitator: Graham Tyson



Artistic Expression Group Registration Form

Name: _____

Phone #: _____

Email: _____

Payment Option 1: One-time payment of \$240 --- Cash --- Cheque --- Debit --- Credit

Payment Option 2: 3 payments of \$80 Dates: 1..... 2..... 3.....