

## Programs

*These programs are for those 18 years of age and older unless otherwise noted*

**OPEN STUDIO** gives you an opportunity to come in and continue with a project you started during an earlier class or paint, work with clay, create a soul collage, a memory box or anything that helps relieve the stress and anxiety that life brings.

### **MASK-MAKING: THE FACES OF HEALING**

*Presenter: Eileen Ettinger*

Masks are worn for performance, entertainment, disguise, concealment, or protection. They have been around since ancient times and have been used in ceremony, storytelling, and dramatic enactment. Making a mask invites us to explore the persona we reveal or conceal from the world. What lives deep inside us? During this program we will create faces that reflect our inner and our outer selves. Using our hands and producing these images will lead to better self-knowledge and contribute to the healing process.

### **REFLECTION OF HEALING**

*Presenter: Elizabeth Hinkle*

Come and explore your life path of recovery from illness, dealing with a difficult diagnosis, fulfilling care giving duties, coping with grief, or just seeking a better understanding of whatever life has offered you.

In this 2 hour class, you will create a keepsake box covered with visual images that are personal, enlightening and empowering. Materials are provided, but please feel free to bring any pictures, postcards, letters, or other objects that you may want to affix to or include in your box. ***Boxes are provided, however, bring your own box (shoe-box size or smaller) if you have one that you wish to use. This class is about the process of self-discovery!***

### **SPONTANEOUS EXPRESSION WITH PAINT**

*Presenter: Sr. Sherry Dolan*

Although the key to healing lies in our ability to express and release our painful, stress-producing emotions, assessing these emotions isn't always easy when we continue to do it in the only way we know how – using words. We try to talk it out, yell it out, get it off our chest, but in the end, the feelings remain. That's because our left brain's verbal language is only capable of expressing what we *think* we feel, while the real feelings often go unnoticed and unexpressed. To access our real feelings we must use the right brain's language of imagery.

Through a guided process you will learn how to let go and allow yourself to just enjoy the experience, while putting color and design on paper with tempera paint. You'll be encouraged to let your imagination go wild, while honoring the process, not the outcome. Come invite your intuition and imagination to bring forth your inner wisdom through this creative experience.

### **EXPRESSIVE COLLAGE**

*Presenter: Rose Lester*

Expressive Collage is a fun, engaging, deep and illuminating process that is all at once a form of creative play, self-care and personal reflection. Collage is a comforting and safe art medium for people who don't consider themselves to be "artistic or creative." In this class, you may create collaged cards from found and personal images for the primary purpose of self-exploration and

self-acceptance. The act of card-making is a relaxing and meditative process that provides much needed relief from the stresses of life.

## MANDALA-MAKING AS A SOURCE OF HEALING AND WHOLENESS

*Presenter: Sr. Sherry Dolan*

Mandala is a Sanskrit word that means “sacred circle.” The circle has been an important visual throughout human history, extending to the origin of the universe. Mandalas are thought to be holograms of the cosmos as well as maps of individual consciousness. This is why Psychologist Carl Jung used them with patients in his work, as well as personally.

Come and allow yourself the freedom of expression through color and form, within the Mandala. This form of art-making is like a meditation allowing the deeper emotions to reveal themselves as you put color and design to paper. ***No prior experience is necessary, just the willingness to be surprised.***

## A TREASURE CHEST OF TOOLS FOR CAREGIVERS – 4 part series

*Presenter: Rose Lester*

Are you caring for an elderly parent, a physically disabled child, a spouse or family member with a chronic or critical disease? ***This program series is designed especially for you!*** Give yourself a gift of reflective time and emotional strengthening. Empower yourself to continue to care for your loved one as you safeguard your own health and wellbeing.

This 4 part series of expressive arts experiences provides you with helpful creative activities and tools for managing stress, burnout and fatigue. Transform the difficult emotions of care-giving into opportunities for growth, and even joy. ***You may come to any or all of these 4 sessions. No art experience is necessary.***

## CREATIVE CLAY – 4-part Series

*Presenter: Kathy Kalson*

There is a great spirituality to working with clay. It comes directly from the Earth and we, with whatever skill we possess, form it into items and breathe life into them. We put something of ourselves into every creation. We leave our souls impressed on the clay as well as our finger prints as we work the clay into images, shapes or usable items. Because clay is a tactile material, it engages the senses – sight, touch, sound, and smell. Come work with clay and experience the material of earth taking shape in your own hands.

## EXPRESS IT! - A program for teens ages 13-18

*Presenter: Chela Brehmer*

Unleash your creativity and express your personal identity with drawing and journaling. Teens will learn basic drawing techniques and ways to combine art and writing to create their personal story. During this 2-day program participants will create a journal cover – to personalize it – and will learn the different techniques of self expression on paper. You will experience sketching, drawing, collage, graffiti, writing [and writing styles], photography and more.

Come explore those emotions that seek to reveal themselves through this creative process. No writing or artistic experience is needed. This program is free and open to any teenager seeking a productive tool to help deal with the pressures and stress of everyday life.

## A TASTE OF ART FOR HEALING

Presenter: Various Artists

This afternoon offers a sampling of activities to encourage personal creative expression. Come see what *Art for Healing* is all about. Enter into a creative mode of your choice - with tempera paint, collage making, clay, beading or other form of self expression. Consultants will be available for guidance with any activity. Feel free to enjoy our sitting area, listen to music, read an inspirational book, or just BE. ***Drop in's are welcome.***

## THE RHYTHM OF LIFE

### **Drumming for the Health of It**

Presenter: Donnel Lester

*Drumming for the health of it* engages participants in an experiential process that both grounds them in the present and connects them with others in the community of rhythmic expression using drums. It has long been suspected that hand drums aid in healing processes of the human body, mind and spirit but only in the last 50 years has much attention been given to that possibility in the scientific community. At times, when words are inadequate, drumming can release deep-felt experiences of joy, grief, hope, fear, anxiety and celebration, bringing them to consciousness where we can finally acknowledge and claim them as part of who we are. ***No prior experience with drums is necessary to express oneself through this process. Drums will be provided, however you may bring a drum or percussion instrument if you have one.***

## NON TRADITIONAL SELF PORTRAITS – Open to persons 17 years and older

Presenter: Mary Bradford

When we think of portraits, we often will think of faces. However in this drawing exercise we will explore our inner selves through drawing a different part of us, our hands. Why the hand? Hand images have been used for thousands of years by artists. They are another, more subtle way that identifies us.

In your oil pastel drawing you will use color and symbol to identify your inner self and what influences you from the outside. These drawings become quite healing because you will begin to understand your outer influences and inner workings, and discover if the two are in sync. This is a wonderful exercise to tap into your creative symbolic mode of thinking and use the language of creativity to tell a story about you.

## LIVING WITH FEELING – The ART of Emotional Expression

Presenter: Rose Lester

We can never completely control our emotions, but unless we recognize and express them, they can end up controlling us. If the energy of strong emotions is blocked, it frequently makes itself known through physical and emotional symptoms such as depression, fatigue and disease. A guided process of artistic expression, such as painting, collage, and/or journaling, can be helpful in letting our emotions come forth so we can understand them, find healing and self-acceptance. In this non-judgmental environment, participants will begin to see their feelings more objectively and to claim and use the energy of e-motion to create a life of joy and confidence.

Program participants will learn and use: Effective tools for looking inside and pulling out those deep feelings; Techniques for exploring, understanding and releasing feelings; and, Creative ways to artistically express those feelings that surface.