

INNER CANVAS

ART CONSULTATION GROUP FOR LICENSED COUNSELORS AND THERAPISTS

INNER CANVAS is an Art Consultation Group for counselors that encourages self care while also allowing an opportunity to process stressful work in a supportive, professional environment. You need not be an "artist" to attend - no experience necessary. It is about the process, not the product. Art is said to be the window into a person's soul, so this group allows an opportunity for individuals who spend their time attuned to others to be heard, to process their emotions, and to receive support.

The group is offered twice monthly on Thursday mornings from 8:30 - 10:30 am. Group size is limited and a 6 session commitment is requested. CEU's are offered (informal) - one CEU for each group attended. Cost is \$30/month, due at the beginning of each month (or you may pay \$85 at the start of this 6 week session). Each participant will supply their own art journal.

Dates for this session are: September 15, September 29, October 13, October 27, November 3 and November 17. Sign up soon as the group fills up quickly!



FOR MORE INFORMATION CONTACT:

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"Art enables us to find ourselves and lose ourselves at the same time". Thomas Merton