

# Mandalas for Centering & Healing

Art-based Support Group for Cancer Survivors & Caregivers

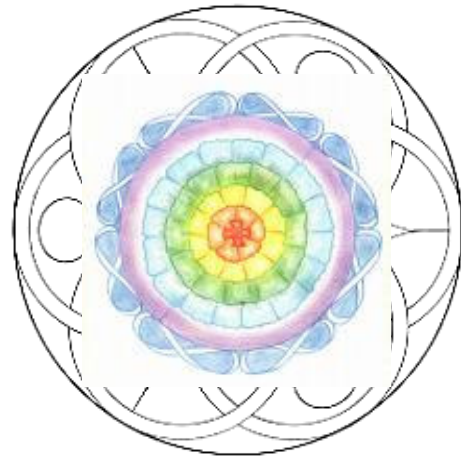
Tuesdays

March 16, 30.....April 13, 27.....May 11, 25

5:30-7:00 pm

Cost: \$110/6 session or \$20/at door  
(class limited to 12)

Call 503-693-9101 to preregister



**Description:** Mandalas are used extensively in many cultures (called by different names) for creating centering and inviting healing. Participants will be encouraged to engage their “right brain” to allow healing information to come through as part of the creative process. Each group session will include a different theme or focus for creating mandalas. Examples of themes include: “Nature as a Healer”, “Sun Self/Shadow Self”, and “Return to Center and Beyond”. Techniques for grounding and anxiety relief will also be utilized.

Facilitated by Kirsten Carpentier, MSW

Founder, Art Creates Hope

[www.ArtCreatesHope.com](http://www.ArtCreatesHope.com)

As part of my commitment to doing this work from Source, if *at least four full paying* participants sign up, *one participant* will be allowed to join this group at the reduced fee of \$5 per session.

**RoseSprings Center for the Healing Arts**

5215 NE Elam Young Pkwy West

(1.5 blocks North of Hawthorne Farms Max Station)

Hillsboro, OR 97124

503-693-9101

[rosespringscenter.com](http://rosespringscenter.com)