

Women of Change

Art-Based Support Group for Adult Women

Wednesdays

March 10, 24.....April 7, 21.....May 5, 19

5:30-7:00 pm

Cost: \$110/6 session or \$20/at door

(class limited to 12)

Call 503-693-9101 to preregister



Description: Art-based support group for women which addresses the roles, concerns and challenges unique to women. Topics for artistic and group exploration will include finding balance for work and family, mothering and nurturing, transitioning bodies/body image, creating time for self, and creating “her-story” (our own narratives). Art activities will be multi-media and theme based. Examples of art activities include “Mandalas for Centering”, “Honoring Gaia’s Nest”, and “Barbie Busting”. Part of the group process work is an opportunity to share with others each person’s experience, insight, and to gain support. Techniques for grounding and anxiety relief will also be utilized.

Facilitated by Kirsten Carpentier, MSW

Founder, Art Creates Hope

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

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