

EXPRESS YOURSELF IN CREATIVE WAYS!!

Creative Journaling Workshop

Wednesday Evenings from January 23rd to February 27th, from 6:30-8:30 PM

- A blend of writing and art making that takes you below the surface of day-to-day life
- Follow guided writing prompts to explore where you've been and where you are going
- Use a variety of art mediums introduced to capture the imagery your words reveal
- A no pressure, playful and meaningful experience
- All supplies provided and no previous experience required
- Join journalist and artist **Kathie MacDuff** for this creative and fun workshop!

Stories Tell Us Workshop

February 23rd and 24th, at 10AM-4 PM

- Stories do not live in books, they live in us
- Explore the power of stories through open ended reflection and artistic response
- Listen for and simply craft a personal story that needs to be shared
- Delight, laugh, and play with simple improvisation games
- Relax and feel safe in a supportive community
- Be nourished by the stories of others
- Join storyteller and harpist **Jeff Stockton** for this playful and uplifting two day workshop!

FREE Arts Workshops for Breast Cancer Patients and Survivors

Where: South Tower Activity Room
South Tower - Foothills Medical Centre
3031 Hospital Dr. NW

Contact: For more information or to register for either workshop,
Please call: **403-698-8148**

