

Art..... Together Apart

An interactive on-line art workshop in a pandemic



Facilitator: Alan Briks ATR-BC

Visual artist and certified art therapist

**FEB
07**

**SUN
2021**

**2-5
PM
MST**

A portion of the proceeds will be donated to Calgary food banks pandemic relief.

\$36 (Code: 7341)

Register online at mycalgaryjcc.com or by calling 403-253-8600, ext.0

For information contact Shula Banchik at 403-537-8596 or shula@cjcc.ca.



Our lives have been altered over the past year. We are all in the same ocean, though not necessarily in the same boat, since we have been affected in various ways by the pandemic.

This pleasant, whimsical, and gently-paced art workshop will present a series of progressive art exercises with a basis in art therapy practice. Participants are welcomed to a safe space for creativity and exchange, involving visual expression, journaling, and self-reflection. No experience required.

Basic art materials needed. A suggested list will be sent upon registration.

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