

BEYOND THE BUBBLE BATH:

The ART of SELF-CARE

How to transform uncomfortable feelings into positive self-expression

THURSDAY APRIL 27, 9-3:30

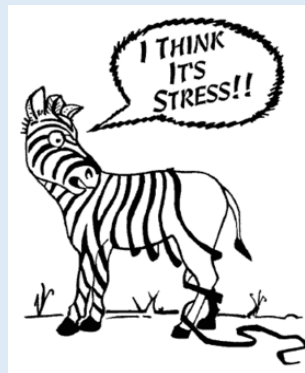
For workers in **healthcare, social justice, non-profit, community supports**

FRIDAY APRIL 28, 9-3:30

For **Public School Educators***

SATURDAY APRIL 29, 10-3:30

For **ANYONE** working in or out of your home, self-employed, students, newly retired...



“Relax! Chill!

Take a bubble bath!”

Is that really effective

SELF-CARE??

1 day (introvert-friendly) workshop to help those who work in stressful *CARING PROFESSIONS*, who go home to environments that demand just as much of your energy! How can you confront negative feelings?

This day includes fun **self-awareness activities, discussion & ART production!** (all materials provided; no art experience required; ***EDUCATORS:** all activities are adaptable for your classroom purposes)

Glenna Evans Mulvihill,
(B.Ed.)~ wife & mother of 2,
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Studio, Professional Visual
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Adina Lakser ~
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based Researcher,
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Facilitator.

Location: Cre8ery Gallery & Studio,
125 Adelaide St. (NO wheelchair access)

Cost: \$110 -Limited 10 participants
per workshop; must register in advance

Register gemARTwinnipeg@gmail.com or

Visit gemARTwinnipeg.com for more info