

## **HEALING EMOTIONAL TRAUMA WITH ART!**      Workshop

**Where:** The Episcopal Parish of St. Luke the Physician Church  
120 SW Towle Ave Gresham, Oregon 97080 (cross st. Powell)

**When:** Saturday, Aug 5<sup>th</sup>, 2023

**Time:** 2:00pm – 4:00pm PST

This two-hour workshop centers around breaking down the locked and blocked feelings from traumatic, emotional life experiences by expressing them through art.

**We will focus on feelings by performing art exercises that help you:**

- **Work through emotional blocks and address numbness**
- **Get in touch with expressing your feelings**
- **Manage feelings**
- **Release emotional barriers**
- **Improve cognitive and sensory-motor functions**
- **Develop self-esteem and self-awareness**
- **Emotional resilience**
- **Enhance social skills**
- **Reduce and resolve conflicts and distress**

Having a talent for the creative arts isn't necessary for getting something out of art therapy. The goal isn't creating aesthetically pleasing artwork. It's about expressing yourself and your story with imagery, movement, or another creative expression.

**Register no later than July 31<sup>st</sup>, 2023 by sending an email to [twinskippy@gmail.com](mailto:twinskippy@gmail.com) with your first name(s) and the number of participants attending. There are a limited number of seats available. We will contact you by Aug 1<sup>st</sup> to let you know your seat is reserved.**

**Capable Confident You!**