

Join us at ART WITH A HEART INC. Studios for an introductory 8/10-week course:

# BRAVE

## CONNECTING TO YOUR AUTHENTIC SELF



**\*\*With enough interest or registrations, this group can be divided into an adult group, and a teenage group...Monday and Tuesday availability**

Groups to run  
Fall, Winter,  
and Spring  
2015/2016  
Winter Session  
From January  
to end of March  
is 10 weeks

\$125 for  
10 – 2 hour  
sessions  
plus  
\$25 material fee

Classes from  
7:00 to 9:00 PM

**PROGRAM RUNS MONDAYS FOR 10 WEEKS FROM JANUARY 18<sup>TH</sup> TO  
END OF MARCH – BEGINNING OF APRIL**

**CLOSED GROUP, SAFE, NO JUDGEMENT, EXPLORATION**

Small mixed group format offering a safe, non-judgemental space where you can explore concepts of self, learning to become more transparent with others, finding your voice and reconnecting to yourself through an Expressive Arts model, art journals, personal mandalas, vision boards and more...multi modal (various art expressions), facilitated by professionally trained Expressive Arts Therapist.

**CONTACT SHERI GUNDRY AT [sheri@artwithaheart.ca](mailto:sheri@artwithaheart.ca) OR CALL (905)493-5955**