

UPCOMING ART THERAPY PROGRAMS WITH SR. FELICITAS DROBIG, OSU

Journey through Lent with Art

Tuesdays, 10:00 a.m. - 12:00 p.m.
March 3, 10, 17, 24, 31

Praying with Art

Tuesday April 21, 6:30 - 9:30 p.m.
repeated

Wednesday April 22, 1:00 - 4:00 p.m.

Contemplative Photography

Thursdays, 2:00 - 4:00 p.m.
May 7, 14, 21

Nature as Mirror

Tuesdays, 1:00 - 3:00 p.m.
May 26, June 2, 9, 16
repeated

Thursdays, 6:30 - 8:30 p.m.
May 28, June 4, 11, 18

Queen's House

A sacred place to nourish your mind
and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship

NOURISH | **NURTURE**
YOUR MIND | YOUR SPIRIT

Explore your expanding home
at Queen's House

Healing Our Losses ART THERAPY

**Tuesday evenings,
January 7, 14, 21, 28
6:00 - 8:00 p.m.**



Sr. Felicitas Drobig, osu



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Healing Our Losses

ART THERAPY

Art allows us to go deeper than words and to get in touch with what is in our innermost being. Grief and loss bring with them overwhelming feelings which often cannot be expressed verbally. Art is a gentle way to deal with these feelings and to start on the road to healing. Join us for four evenings. All materials supplied. No experience necessary.



**Tuesday evenings,
January 7, 14, 21, 28
6:00 - 8:00 p.m.**

Cost: \$120 for four sessions

A minimum of 6 participants are needed to offer this program.

Registration deadline: **January 3**

To register please contact

Sr. Felicitas directly:

Phone **306-260-7311**

Email **fdosu@sasktel.net**



Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org

Felicitas Drobig, OSU is an Ursuline of Prelate (Roman Catholic Sister) and a professional art therapist. Born in Germany, Felicitas' family came to Canada when



Felicitas was a teenager. She quickly came to love the country and its people.

Felicitas' interest in the arts and her wish to help people eventually led her into the field of art therapy. Her first day at the Kutenai Art Therapy Institute in Nelson, BC, felt like coming home. Felicitas graduated from the Institute in 2007 and since then has had her private art therapy practice in Saskatoon; Art'iculate Art Therapy Services. She works with individual clients, both adults and children, but she has also given workshops for various church and professional groups and has previously been a presenter at Queen's House Retreat and Renewal Centre. Her special passion is exploring art, faith, and spirituality.