

**UPCOMING ART THERAPY
PROGRAMS WITH
SR. FELICITAS DROBIG, OSU**

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

Your Journey through Lent with Art

**Tuesday mornings,
March 3, 10, 17, 24 & 31
10:00 a.m. - 12:00 p.m.**



Sr. Felicitas Drobig, osu



Your Journey through Lent with Art

Lent is a time to turn inward and examine our lives and our relationship with God. This five-week series offers the opportunity to do so through art in a safe and supportive environment. As an introspective tool, art opens a door between our inner and outer selves, offering insights that might not otherwise be discovered. Take time out to join us for five mornings of introspective art-making. All materials supplied. No experience necessary.



**Tuesday mornings,
March 3, 10, 17, 24 & 31
10:00 a.m. - 12:00 p.m.**

Cost: \$150 for five sessions

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

Registration deadline: **February 25.**

To register please call

306-242-1916

or email:

receptionist@queenshouse.org



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. In addition to
being an art therapist, Felicitas is a
trained spiritual director. Her special
passion is exploring art, faith, and
spirituality.