

# Your Journey through Lent with Art

with Sr. Felicitas Drobig, OSU

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

**Cost:** \$150.00 for 5 sessions

A minimum of 6 participants are needed to offer this program.  
Registration deadline: **February 25, 2020**

To register please call 306-242-1916  
or email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)

**Detail:** 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.

**Presenter:** **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.