

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

Please note: all art therapy programs are being offered in-person only at Queen's House

Contemplative Photography

Thursdays, October 1, 8 & 15
2:00 - 4:00 p.m.

Praying with Art

Wednesday November 4
6:30 - 9:30 p.m.
repeated

Thursday November 5,
1:00 - 4:00 p.m.

**Waiting...Creatively
An Advent Retreat**

Tuesday evenings,
December 2 & 9
7:00 - 9:00 p.m.
repeated

Wednesday mornings,
December 3 & 10
9:30 - 11:30 a.m.

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



**Art-iculating Stress
and Worry**

**Wednesday mornings,
September 16, 23 & 30**

9:30 - 11:30 a.m.



Photo by [engin akyurt](#) on [Unsplash](#)

Sr. Felicitas Drobig, osu



Art-iculating Stress and Worry

These are difficult times for everybody and stress, because of worry and fear, is an overwhelming factor in our lives. Art is a great tool to reduce stress because it relaxes and allows the mind to turn off. This series, consisting of 3 sessions, will help participants to look at what is especially stressful in their lives and to find ways, through art, to relieve some of the negative energy accumulated through stress. All materials supplied. No art experience necessary.



**Wednesday mornings,
September 16, 23 & 30**

9:30 - 11:30 a.m.

Cost: \$90 for three sessions

An in-person workshop series being offered at Queen's House Retreat and Renewal Centre, following all COVID-19 health and safety provincial protocols

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

Registration deadline: **September 14.**

Registration Details

There are two options to consider when registering for this series:

- Visit our website: http://www.queenshouse.org/?page_id=4399

Participants can now register and pay online!

OR

- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

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 she was a teenager. Felicitas 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.