

Art-iculating Stress and Worry

ART THERAPY

with Sr. Felicitas Drobig, OSU

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

Date and Time: Wednesday evenings, September 16, 23 & 30
9:30 – 11:30 a.m.

Cost: \$90.00 for 3 sessions
A minimum of 6 participants are needed to offer this program.
Registration deadline: **September 14, 2020**

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!
- 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.

Detail: 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.

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. Her special passion is exploring art, faith, and spirituality.