



# PARENTING WITH THE WHOLE SELF - ONLINE

## *An Art Therapy Group for Parents*

**Tuesdays, Jan 16 - March 5 | 10:00am-  
12:30pm PST | No session on Feb. 20**

A safe and supportive opportunity to engage in art making, writing and group discussion as we explore how our personal history and experiences may have impacted our capacity to parent with our whole selves. We will seek to build healthy connection—both internally and externally—through practising self-compassion and deepening self-understanding. **This group is only available for individuals who reside in the West or East Kootenay regions.**

Funded by the Ministry for Children and Family Development

For more information, visit [kutenaiarttherapy.com/calendar](https://kutenaiarttherapy.com/calendar)  
or to register <https://www.tickettailor.com/events/kati/1107194>



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