



PARENTING WITH THE WHOLE SELF

An Art Therapy Group for Parents

Wednesdays, Oct. 2 - Dec. 11 | 9:30am-12pm PDT

Free. Funded by the Ministry for Children and Family Development.

An in-person 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, through practicing self-compassion and deepening self-understanding in a trauma-informed way.

‘Connection is our deepest longing and greatest fear’ Laurence Heller

Cheryl Price is a registered art therapist, clinical counsellor and trauma therapist.

**For more information, visit kutenaiarttherapy.com/calendar
or to register, contact:**



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