



Creative Journaling – Expressive Arts

December 1, 2012 9:30am to 12:30pm

Edgeworth Centre, Community Room #3

Intended Audience: all members including people living with cancer, family members and significant caregivers.

Program Description

Expressive arts, defined as any creative activity involving deep personal expression, are consistently linked to empowerment, personal growth, and self fulfillment. In Creative Journaling, participants use words, visualizations, and a variety of mixed media techniques to unearth, explore and document their thoughts and emotions. In addition to profound growth gained from processing and understanding their experiences, this program unites participants in hope, support and camaraderie as they journey toward wellness.

Benefits and Impact

A plethora of research backs the innumerable benefits of incorporating some form of expressive arts in the journey toward wellness. Creative journaling is associated with such benefits as enhanced self esteem, personal growth, reduced stress and anxiety, decreased physical symptoms, improved memory and positive outlook. This program is particularly effective for people seeking healing and wholeness, as it encourages them to acknowledge their thoughts, express their emotions, free unhealthy obstacles and reclaim their sense of joy and wellbeing.

What Participants are saying

"I feel safe exploring my creative side; great distraction from normal concerns."

"(This course provides a) very creative process to start exploring feelings and thoughts; opens up the depths in a very non-threatening way."

What the Research says...

"A growing body of research has shown that art and art therapy can reduce a broad spectrum of symptoms related to pain and anxiety in cancer patients including depression, poor appetite and fatigue."

Northwestern Memorial Hospital

"Art Therapy Can Reduce Pain And Anxiety In Cancer Patients."

Science Daily, 2 January 2006



Facilitator: Kathie MacDuff

Kathie is a trained journalist and a self taught artist. For the past 10 years she has taught courses in watercolour, paper arts, bookmaking, papermaking and creative journaling. At Wellspring, Kathie has touched countless lives with her nurturing spirit, fine-tuned intuition and deep commitment to creative self expression. Her vision for her program is to facilitate journaling experiences that encourage connections, validate emotions and nourish the soul.



A Journey of Wellness...

LIVING YOUR BEST LIFE
with Cancer and Beyond

WORKSHOP SERIES

Cost to attend is Free, but space is limited.
For information or to register , please call
780.608.4927, email info@camrosepcn.com
or visit www.camrosepcn.com.