

Fostering Wellbeing Through Creative Mindfulness

Zoom sessions Thursdays, April 8 – June 10 (3:30 – 4:30 PM)



Have you ever experienced being so immersed in a creative activity that you've lost track of time? This happens because creative activities such as art making, crafting, or gardening ease us into a state of mindfulness by enhancing our capacity for focus, concentration, inner peace, and calm. Regularly spending time in a mindful state has been shown to improve brain function, reduce stress and anxiety, help us sleep better and promote a general sense of wellbeing. Alas, despite our best intentions, many of us struggle to prioritize time for our own self-care.

Due to the popularity of our Winter program, this workshop is back for a Spring session!

Featuring new activities for Spring, this 10-week workshop comprises weekly group Zoom sessions and newsletters, with process-focused activities utilizing relaxing watercolors, doodling, paper collage, and more. We'll discuss the benefits of creative mindfulness and look at ways to help make it a regular self-care habit

In addition to a kit of creative materials provided by The Healing Garden, participants will need the following:

- Watercolor Paints & Brushes (watercolor paper is included in each participant's kit)
- Access to a computer printer for some of the weekly materials
- Scissors
- Pencil and ruler
- Water container and paper towels
- Additionally, look around your home for the following: markers, colored pencils, magazines, stickers, new or old photographs, glitter glue, and other basic crafting supplies.

Please don't buy anything! We'll use what is available to us!

A basic understanding of watercolors is helpful, but not necessary. For participants who need watercolor supplies, there are a limited number of paint palettes and brushes available to borrow for this program. Please alert Kelly when registering.

All supplies will be available for pick up at The Healing Garden on ***

About the Facilitator: A metastatic cancer survivor since 2011, Karen Arsenault has found the creative process invaluable in navigating the fear and uncertainty of the cancer journey. Through the many expressive arts workshops she has participated in, Karen developed a passion for watercolors and now gives back by developing and facilitating her own Creative Mindfulness workshops and donating her art in several forms to The Healing Garden.