



# Winter 2019 Programs

## Art for Wellness

February 16—March 23, 2019 (Saturdays) 10:00 am—12:00 pm

Cost: free

Art for Wellness is a free six week program for people interested in exploring their creativity and wellness in a relaxed and enjoyable group setting. There is no charge for this program. CMHA will supply all necessary art supplies including 8.5×11 drawing paper, pencil crayons/markers, magazines, glue, tape. You are welcome to bring your own supplies as well.



- Week One: Vision Board Collages and step one of portraits
- Week Two: These hands, the past and the future
- Week Three: Mandalas: Designing our own mandala
- Week Four: Cut and paste a picture to create a new vision
- Week Five: A collaborative project, making a Zine
- Week Six: Self portrait

## Self-Compassion Study Group

February 14—March 21, 2019 (Thursdays) 2:00 pm—4:00 pm

Cost: free

The free six week Self-Compassion Study Group combines work you do independently with the opportunity to meet with others to discuss and learn about self-compassion in a friendly and supportive environment. Much of the work of the course will be done independently using a workbook. The time together will be spent in discussion and clarifying the parts we find difficult to do on our own. Participants must purchase a workbook, on their own, prior to the first session. CMHA will not be providing the workbook needed for this course. The workbook costs approximately \$20.



## To Learn More

Visit:

[www.reddeer.cmha.ca](http://www.reddeer.cmha.ca)

Email:

[education@reddeer.cmha.ab.ca](mailto:education@reddeer.cmha.ab.ca)

Or Call:

**403-342-2266**

**These courses will be  
held at:**

**ATB Building  
CMHA Learning Annex  
4911 51 Street,  
Suite 404  
Red Deer, AB T4N 6V4**

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