



Creative Journaling – PTSD Relief

Wednesday, June 21, 2017 - 5pm-7pm

Building Bridges thru Art – Veterans Invited

Creative Journal methods for Improved Health and Well-Being
drawing, coloring, writing for well being
Engage Your Whole Brain to Reduce Stress

June 21st Drawing Your Stress Away to reduce tension through emotional expression, releasing feelings with art and methods for shining light on your inner Critic, encouraging inner resources with Answering Back and the power of imagery, tools for releasing unwanted imagery and living in the present, expanding awareness of support systems and self-nurturing practices.

Encourages physical and mindful awareness and relaxation with simple art based methods: imaging, breathing, body movement, drawing and writing.

Facilitator: Carlota Santa Cruz, M.A.

Location:

Paso Robles Art Association Gallery inside Studios on the Park, 1130 Pine St. Paso Robles CA. Enter at the rear of the building on Railroad St.

Confirm your space - email to carlota@carlotasantacruz.com
For more info see www.carlotasantacruz.com or call 805-221-5608

"If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present." -- Lao Tzu

Paso Robles Art Association is a 501c3 non-profit organization
Donations may be deductible. Non-profit tax ID # 77-0078624

Methods pioneered in 'The Creative Journal', Lucia Capacchione, PhD and used internationally in schools, counseling centers, support groups, addiction recovery centers, and veteran's programs.

Emotional Frequency Scale from 'Power vs Force', David Hawkins, MD, PhD

Sensing Scents from Young Living Essential oils