

Southborough Community Fund Sponsors Art4Healing® Workshops

Each workshop has a Suggested Donation of \$5.00

A series of Art4Healing® workshops are being offered at the Southborough Senior Center during March, April and May. The Art4Healing® Workshops are supported by a generous grant from the Southborough Community Fund. We wish to acknowledge and thank the Southborough Community Fund for their support of this program and for their care and concern for seniors.

The artist Georgia O’Keefe once said “I found that I could say things with color and shapes that I had no words for”. She was of course speaking of her art work, but her statement is also true of Art4Healing Workshops.

These guided workshops create a warm and safe environment to allow the participants to offer a creative response associated with the specific topic of the workshop. Your creative expression is released through the use of color and design in abstract ways, even though no art experience is needed to participate. In addition, the workshops also provide encouragement and motivation to those experiencing life issues.

The workshops encourage, inspire, motivate, uplift and stimulate awareness and creativity in the individuals taking them. It is during this time of self-discovery that we become more alive and grow as individuals! The purpose of these workshops is to assist in exploring life in a new and more meaningful way through abstract painting. No art experience is necessary to participate. All necessary supplies are included and each participant will finish each workshop with paintings to take home. The schedule for the workshops is shown below:

<i>Date</i>	<i>Time</i>	<i>Title</i>	<i>Description</i>
Wednesday March 23	12:30 to 2:30 PM	“The Language of Color”	Introduction to Art4Healing®
Wednesday March 30	12:30 to 2:30 PM	“What’s Going On”	“Gaining a new perspectives”
Wednesday April 20	12:30 to 2:30 PM	Bereavement Part 1	Coping with loss
Wednesday April 27	12:30 to 2:30 PM	Bereavement Part 2	
Wednesday May 11	12:30 to 2:30 PM	“Disappointment & Loss”	Dealing with loss of all kinds
Wednesday May 25	12:30 to 2:30 PM	“Art4Healing® Revealed”	Goals and Purpose

Each workshop in the six part series has a particular theme as described below.

The series begins on Wednesday March 23rd from 12:30 to 2:30 at the Southborough Senior Center. The initial workshop is titled “The Language of Colors”. This introductory workshop helps participants to reflect on the good and positive attributes of life. Through the use of color and canvas you will learn to release your creativity in a new way. This is an ideal introductory workshop and offers an opportunity to try out the Art4Healing® process.

The second workshop, on Wednesday March 30th, is titled “What’s Going On?” In this workshop participants will view circumstances around them with a new perspective. They will also be enabled to discover and express some of life’s areas of stress or anxiety through abstract art on canvas.

A two-part series on “Bereavement” is scheduled for April 20 and April 27th, from 12:30 to 2:30p.m. These two workshops build on each other and have been shown to assist in establishing a feeling of comfort associated with grief and loss. The workshops assist in gaining new courage and strength to move on and look to the future through the use of paint on canvas. Plan to take both workshops if possible.

Occasionally we hit “tough times” in life and going through them can be a challenge. The workshop on “Disappointment & Loss” will explore the issue on Wednesday May 11th at 12:30 to 2:30 p.m. Anyone who has or is experiencing a loss of home, health, job, mobility, or any other challenging time will greatly benefit. This workshop is designed to give those participating a way to process their feelings about loss and disappointment using the language of color through paint on canvas.

The workshop “Art4Healing® Revealed” will be held on Wednesday, May 25, from 12:30 to 2:30p.m. Henry Ford once said “anyone who stops learning is old, whether at 20 or 80”! His statement rings true for this workshop in particular. This workshop is perfect for all life-long learners! Through the use of paint on canvas participants will learn more about themselves. New goals and purpose for their lives will be revealed.

All the workshops are led by Kathleen Wirtanen A.A., B.A. an experienced and trained facilitator for Art4Healing® Workshops. Kathleen has successfully taught art classes to both adults and children for over fifteen years, including several years as art instructor here at the Southborough Senior Center. She now specializes in facilitating the Art4Healing® workshops.

These unique Art4Healing® workshops were initially founded and developed by Laurie Zagon in New York. Years ago they started as a painting workshop to help busy Wall Street executives deal with their everyday stress. Since moving to CA, Laurie has founded a non-profit organization under the umbrella of Art and Creativity for Healing. To date many thousands of children and adults from all walks of life have benefitted from these workshops. Kathleen connected with Laurie in 2010 through her outreach training for facilitators and is trained and authorized to facilitate the Art4Healing Workshops.

Please contact the Southborough Senior Center at 508-229-4453 to reserve your place in the workshop of your choice. Each workshop has a limited enrollment so don’t delay.

Art supplies are included.

All we need is you!