

Retreat to Art: An Awakening

with Melissa Hedlund, MCAT, ATR-BC, LCPC



Are you finding that you don't even know who you are anymore? Are you feeling disconnected? Have you lost the magic that lies within your every day? We tend to speed through life without pausing to enjoy the beauty of each moment, the beauty that surrounds us each day and the luminous beauty that lies within. This eight week creative series will be a retreat from all that is, it will be a journey to the heart of your soul and a transformative awakening and reconnecting. Art therapist and artist, Melissa Hedlund, MCAT, ATR-BC, LCPC, and invited guests will take you on a restorative journey that awakens and connects your whole self, using mindful movement, intention and creativity to slow down, create and embrace the beauty that is yourself and your life.

Dates: Six Wednesdays, May 22nd-June 26th, 2013

Time: 6pm-8pm

Location: Family Counseling Service, 70 S. River Street, Aurora, IL 60506

Fees: One Attendee is \$300 Two Attendees (you and a friend) is \$500

CEs available for counselors, social workers and marriage and family therapists in Illinois.
Co-sponsored by Family Counseling Service.

Registration:

Space is extremely limited. To see if this creative series is a good fit for you and to register, call Melissa at 630-486-4078. Must pre-register for this series by May 20th, 2013.

The Light of The Heart



A Community Art Therapy Project

<http://thelightoftheheart.org>

Art is everything.