

The Light of The Heart



A Community Art Therapy Project

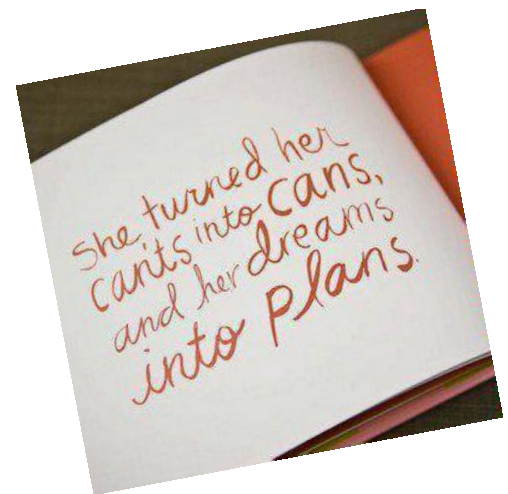


Roots & Blooms: *Using Art to Dig Past Your Fears and Grow Your Dreams*

*with Elaina Whittenhall,
MSAT candidate & clinical intern*

Some trees have roots that go deep to help them stand tall and soar into the sky, but other trees have shallow roots that go wide to help them flex and bend during fierce storms. Regardless of what kind of roots you have, it's important to be firmly planted in healthy soil that can help you grow, blossom, and ultimately, flourish.

In this eight-week workshop series for *women*, budding art therapist Elaina Whittenhall will lead you through creative exercises that are intended to strengthen your tree's bark to help keep it safe from threats from outside, while also watering your roots to nourish your tree from within. In the process, you may encounter withered branches that are no longer necessary and can be pruned back, but the focus will be on caring for all of your tree—from the furthest, deepest roots to the tallest branch's smallest leaf—so that you can envision your dreams and grow tall to reach them. **Workshop designed for women, ages 18 and over.**



Dates: Eight Thursdays, starting August 7th and ending September 25th, 2014

Time: 7:00-9:00 p.m.

Location: TLOTH studio, 14 W. Downers Place, Suite 203, Aurora, IL 60506

Fee: No fee. Donations graciously accepted

Registration: Register online at <http://www.thelightoftheheart.org> or by phone at 630-486-4078.

Register early, limited to five participants.