



*“Art gives our heart and mind a place to create,
permission to express outside of our grieving bodies.”*

Art Healing Grief Workshop

Wednesday, August 1st 7:00 – 9:00pm

St. Augustine Parish Hall, 2nd Floor

Workshop is limited to 12 artists!

Artist & Facilitator: Caitlin Stewart, BFA

Caitlin is a graduate student at Pratt Institute and a graduate of Washington University in St. Louis. Caitlin taught at the ECC Language Institute in Japan for 10 years.

Caitlin's website: caitstewart.com

Art encourages movement of our imagination.
Art influences how we look at, unblock, and shed light on our grief. Art invites our imagination to surface grief in images, movement, and color. Art releases the tension of grief. This workshop will provide a safe place to express your grief on canvas while painting in acrylics.

A fee of \$20 for art supplies must be paid in advance.

To register, contact Gae Savino, LCSW, CT
at ghsavino@aol.com or 914-391-5966.