



EXPRESSIVE ARTS CLASSES FOR PARENTS

Parenting young children can be very demanding and exhausting work. Engaging in artistic activities helps to restore your energy and bring fresh perspectives to the challenges encountered by today's parents. Come and enjoy a relaxing evening exploring the arts. Let your unique creativity blossom in this supportive and encouraging environment. No previous experience in the arts is necessary to thoroughly enjoy this class.



- Dates: (Winter) Mondays, February 2 to March 2, 2009
(Spring) Mondays, April 6 to May 25, 2009
- Time: 7:30 pm - 9:00 pm
- Place: 80 Norfolk St. ~ "Vessels" Pottery studio/Whitestone Gallery
- Cost: Winter - (Five weeks) \$90.00 ~ including all materials
Spring - (Eight weeks) \$ 128.00 ~ including all materials

Elizabeth Cunningham holds a Master's degree in Expressive Arts therapy and has been teaching art to people of all ages for over thirty years. Currently, she is teaching Parent/Child classes at the Trillium Waldorf School and offers Expressive Arts Therapy for children and adults on both an individual and group basis.

Contact: Elizabeth@waterside.ca for registration and further information