

The Spirited Art Studio

Facilitated by Laura David Foster

Mondays 7:00 - 8:30 pm in person.

Wednesdays 1:30 – 3:00 pm on Zoom.

The studio is a place for people to explore art and connect with each other in an informal creative environment. Each time we have various arts media and processes to explore. Feel welcome to drop in any time. Some people like to work on their own ongoing projects, and this is encouraged as well. The studio's purpose is to bring people together, to enjoy art, and be in community. We are all creative and the studio community nurtures creativity, authenticity, and friendship...and it's just a fun place to hang out!

Regular attendance is not required but registration via email is recommended to stay informed with studio developments! For example, this fall we have changed our program times.

Please join us on Monday nights (except holidays) Wednesday afternoons. For more information, please contact Laura at spiritedartstudio@rwuc.org



The Spirited Arts Movement

Robertson-Wesley United Church

10209-123 Street

Edmonton, AB T5N 1N3

Ph: 780-482-1587

Email: spiritedartsmovement@rwuc.org

Website: www.rwuc.org

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No artistic experience is necessary.
Come work with artists and each other in a safe, compassionate and open environment.

Healing is Justice & Justice is Healing



Please see our website for more information

Commitment & Registration

There is no cost associated to this program and members of the Greater Edmonton Community are invited to participate. Registration is done online and guarantees your participation in the program.

www.rwuc.org/spirited-arts-movement

The Spirited Arts Movement

The Spirited Arts Movement is committed to bringing people together, and creating space for all ages to be inspired and to have their artistic selves unleashed. We believe that the world can be healed and transformed and that justice can be served through self-expression. We express ourselves through visual arts, drama, writing, movement, voicing, music, and digital arts. This is a movement and one that is ever changing and evolving AND definitely one you want to be a part of.

Leaders in the movement:

Spirited Arts Movement Advisor

Rev. Karen Bridges

Spiritedartsmovement@rwuc.org

Healing Arts Director

Laura David Foster

spiritedartstudio@rwuc.org

Justice Arts Director

Brooke Leifso

brooke@rwuc.org

Art Therapy

Art therapy, as its name suggests, combines creative arts with psychotherapy. Imagery, colour, and art processes are central in the therapeutic process. This allows for artistic expression of thought and feelings that are difficult to articulate. Non-verbal creative processes are how we originally learn to make sense of the world. Art therapy serves to activate this source of creativity that we each have. It is beneficial to all people for self-expression, awareness, growth and healing.

Art therapists facilitate the creative means to connect with issues that are otherwise difficult to communicate such as grief, anxiety, trauma, and other psychological, interpersonal and spiritual issues. This can be helpful for children, adolescents, and young, middle-aged and senior adults. Through art-making, and reflections on imagery, and relationship building, art therapists support individuals and groups in developing self-esteem, solving psychological and interpersonal problems and managing stress. For more information, please contact Laura:

laura@fosterartandwellness.com

