(un)settling our spirituality

A six-week art therapy small group experience in decolonizing or unsettling our spirituality. Using creative arts prompts and exercises, you will be invited to connect with your ancestors, your self, your community and the land. As co-researchers and companions on this journey, we will encourage and support one another as we build our resilience and strengthen our capacity to engage in meaningful relationship-building, which is at the heart of our work for justice.

Designed for Canadian Unitarian Universalists who are seeking greater understanding of the role of colonization in their own life.

- Open to adults of all backgrounds and identities
- Although this is an online group, there will be significant away-from-screen time within each session, including time for breaks and making art. Writing and art-making between Saturday sessions is welcome but not required.
- Participants will be asked to fill out an online therapy consent form and to respond to a short survey as part of the registration
- As this offering fulfills part of the facilitators' practicum requirement, you will be asked to fill out mid-point and end of group evaluations
- The group is limited to 10 participants; a minimum of 6 is required for the group to run.
- No previous art experience necessary!

6 Saturdays March 27, April 3, 10, 17, May 1, 8
9 am–11:30 am PDT; 10 am–12:30 pm MDT; 11 am–1:30 pm CDT; 12 pm–2:30 EDT; 1 pm–3:30 ADT (we will not be on zoom all the time)

Cost: $75
The cost covers the art kit that will be mailed to each participant. Several 1/4, 1/2 and 3/4 scholarships are available on a first-come basis. Participants will be invited to supplement the art kit with natural materials, found objects, string, glue, and other materials, as desired.

Online Platform: Zoom (requires video access to zoom via computer, laptop, tablet or smartphone)

Co-Facilitators
Carey Jeanette Sinclair and Karen Fraser Gitlitz are student art therapists in the Indigenized Art Therapy Diploma at the WHEAT Institute (Winnipeg). This session is part of their WHEAT Institute practicum. CUC Congregational Life Team Lead – Western Region, Joan Carolyn, is the Site Coordinator for this practicum.
Artwork at the top of this page is by Carey; artwork on the poster by Karen.

Carey Jeanette Sinclair, from Pukatawagan Manitoba, raised all over the north in the Child Welfare System. I am a mother of one boy, who is 24, and have primary care of my beautiful grand-daughter Star. I received a diploma in Aboriginal Health and Wellness in the Community and an Advanced BA. I am a Reiki Master, do Cedar Baths, and have studied Trauma informed yoga, and Community Mental Health. I am a ceremonial person and work as a knowledge keeper at Ndinawe, and Jonah Counselling and Consultation.

Karen Fraser Gitlitz (she/hers) is a settler who is learning about truth and reconciliation. She was born in Halifax, grew up in Vancouver, and now makes her home in Saskatoon, Treaty 6 territory and the Homeland of the Métis. Karen creates open and inviting spaces in which images, dreams, colours, shapes, and words help us tap into our inner resilience. She is also a Unitarian Universalist minister.

Click here to register
Registration deadline Friday, March 12, 2021
For more information, contact karenpaintandpaper@gmail.com