(un)settling our spirituality

A six-session online art therapy group for Canadian Unitarian Universalists

How do we connect to self, community and the land? How has our spirituality been shaped by colonization?

As co-researchers and companions, we will support one another in building resilience. We will be strengthening our capacity to engage in meaningful relationships, which are at the heart of our work for justice.

No art experience necessary!

Cost $75 - to cover art supplies
(scholarships available)

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 for the full time;
there will be breaks for art-making

CLICK HERE to register

Registration Deadline March 12, 2021

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 ceremonial person and work as a knowledge keeper at Ndinawe, and Jonah Counselling and Consultation.

Karen Fraser Gitlitz
(she/hers) from Vancouver, BC, currently living in Saskatoon, Treaty 6 territory and Homeland of the Métis. Karen is a settler, a Unitarian Universalist minister, and a person who is learning about truth and reconciliation.

Co-Facilitators
Carey and Karen are student art therapists in the Indigenized Art Therapy Diploma at the WHEAT Institute (Winnipeg). They are offering this group as part of their practicum requirement.