

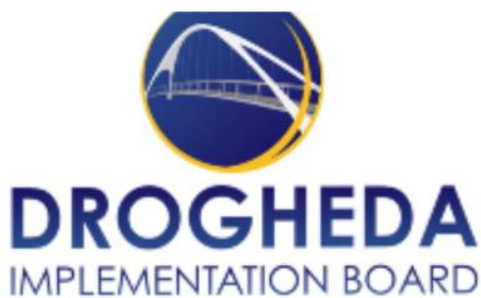
HEALING WITH CREATIVITY WORKSHOPS

EAST COAST FRC, 5 STAND HAVEN, LAYTOWN

FASN and Anne McDonald have collaborated to design and deliver a 4 week program Healing with Creativity designed to teach family members how to take responsibility for their self-care through the medium of reflection, creative process, mindfulness & healing. These powerful workshops will be delivered on-site over 4 x 3-hour sessions. The learning is intended to be used outside of the course to promote healthy interaction within families and groups where there is active addiction.

Each session will include a practical, no skill based activity to allow for a period of relaxation at the beginning of the workshops. Over the 4 weeks, participants will focus on **Time, Energy, Resources, Challenges, Supports and Boundaries** so they can explore what is available to help them deal with current, ongoing or one off conflict.

This project is funded through the Drogheda Implementation Board



Dates
**4th, 11th, 18th and 25th
of September**



Day & Time
Evenings, 6 - 9 pm

FREE WORKSHOP
REGISTER AT
info.fasn@gmail.com



0879046405