



Mindfulness Mandala Virtual Workshop

Have you been struggling to practice your mindfulness regularly? Does finding a creative outlet in your life feel impossible? Are you overwhelmed by the concept of a meditation practice? Mindfulness, creativity and meditation all help manage depression and anxiety. You do not need to be an experienced artist to reap the benefits of art therapy. Art is therapeutic for all!

If you can make a dot you can make a dot Mandala and in the process of doing so engage in a mindful, meditation that incorporates creativity and a multitude of self-regulation skills.

Presented by Andrea Aragon, LPC



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

A State Certified Counseling Agency

Donations are tax-deductible. Tax ID 93-1088962

8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

www.nwcounseling.org

When:

Saturday, November 14, 2020
11:00 AM - 1:00 PM PT

Where:

Zoom links will be sent the day of the workshop.

Register:

Online

nwcounseling.org/services/workshops/

Or Call (503) 253-0964

Pre-registration required. Workshop fee must be paid at time of registration.

Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.

Cost:

\$35 per household

**Hardship scholarships available upon request*

Workshop Art Materials:

Workshop fee includes art kits that can be picked up at our address below on Friday, November 13 for Saturday's Workshop. Contact Michelle at Michelle@nwcounseling.org to schedule a time for pick up.