



Discovering Our Watershed²⁰²²

Exceptional connections with nature in the Lower Trent watershed region

ECO-EXPRESSIVE ARTS WORKSHOP @ Proctor Park

SATURDAY, APRIL 2nd: 10 AM – 12 PM

Come explore the natural world and travel into the inner world of imagination and creativity in and with nature. No art experience is required. Participants will be invited to find a special nook--a tree, or rock-- where they will spend time deeply exploring and creating in various ways. Using materials they find around them they can make an image or assemblage or mask, followed by journaling or writing a poem or a song. It will be spontaneous and playful. Bring a journal or notebook, pen/pencil and if you wish, mark-making tools (such as markers), a camera to take a picture of your creation, and a seat. This event combines Ecotherapy and Expressive Arts Therapy (ExAT) to promote growth and healing. Our guest host is Luci Dilkus (MFA), a student of the ExAT programme at the CREATE Institute under supervision of a registered psychotherapist, and ExAT Outdoor Environment Facilitator programme at the Canadian International Institute of Art Therapy.

Register: www.cognitofrms.com/LowerTrentConservation/discoveringourwatershedecoexpressiveartsworkshop

\$10 registration fee. Maximum 20 participants.

Meet at Proctor Park parking lot at north end of Kingsley Avenue in Brighton.

NATURE JOURNALING @ Goodrich-Loomis CA

SATURDAY, APRIL 9th: 10 AM – 12 PM

Connect with nature through nature journaling! Go outside. Pay attention. Look closely. Listen. Feel. Corina Brdar (MSc), a local ecologist, will lead us through some fun observation exercises that you can use anywhere to deepen your connection with nature. Please bring a sharpie marker, a notebook and pen, a folding chair, and a sense of curiosity, as well as whatever you need to feel comfortable sitting outdoors at this time. Visit: livingbeingmindfulness.weebly.com to learn more about this practice.

Register: www.cognitofrms.com/LowerTrentConservation/DiscoveringOurWatershedNatureJournalingWorkshop

\$10 registration fee. Maximum 20 participants.

Meet at Goodrich-Loomis CA parking lot at 1331 Pinewood School Rd., off Hwy 30 just north of Brighton.

For more information contact Ewa Bednarczuk, Ecology & Stewardship Specialist:

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