CREATIVE SELF-CARE WORKSHOP: STORY, SELF, AND THE CREATIVE JOURNEY

Fostering restorative habits through artistic expression
April 30 — May 2

If we are perfectly honest, most of us could use a focused weekend to refresh and revitalize. The Art Colony is pleased to serve those in our community who are looking for that extra space, time, and guidance to consider the intersections between our inner and outer worlds through the vehicle of creative exploration. Connect in more meaningful ways with your own story and developing sense of self, dialogue with others in the helping professions, and acquire new artistic and therapeutic tools and vocabularies by which to deal with life’s challenges. Whether you are a caregiver, an educator, a health professional, a parent, or another type of professional, we invite you to take advantage of this opportunity.

The mission of the Grand Marais Art Colony is to provide services to artists, promote art education, and nurture art in our community by providing an environment for creative excellence.

Grand Marais Art Colony | PO Box 626 | 120 W 3rd Ave | Grand Marais, MN 55604
grandmaraisartcolony.org | (218) 387-2737 | info@grandmaraisartcolony.org
WORKSHOPS — FULL DESCRIPTIONS
All workshops are $95 with a $17 supply fee

Personalized Journal Making
Bevie LaBrie, ATR-BC, LAMFT

Participants will create a personalized journal using reclaimed materials, including cardboard, paintings, yarn, twine, fabric, and elements from nature. Bevie will guide participants to consider the journal-making process, along with the related art techniques, as a container for more deeply understanding aspects of their life journey. Emphasis will be on self-exploration, and a reconnection with themes of identity, internal wisdom, needs, and desires.

Creative Play and Emotional Resilience
Kelly O. Finnerty, MA, LAMFT

Playfully explore the expressive qualities of a variety of art materials using paint, pencil, pastel, and personal and found images. Expand your visual vocabulary and learn to use the mistakes and accidents of exploration in new ways. Participants will take home a small portfolio of mixed-media collages to chart their creative journey, from experiment to discovery. Along the way, Kelly will also discuss the science supporting the connection between creativity and emotional resilience.

Exploring Your Journey Through Story Cloths — Arpilleras
Tessa Larson, MA, ATR and LPCC candidate

Arpilleras are bright, hand-quilted tapestries originally created in Chile during the dictatorship of Augusto Pinochet to depict the challenges of life during the regime. Participants will explore their own journey through a personal story or metaphorical/mythical anecdotes while learning about the historical context of arpilleras and joining in community with other caregivers. Tessa will teach basic sewing stitches, how to layer fabrics into a cohesive scene, and how to create a human figure out of textiles.

FREE EVENTS FOR WORKSHOP PARTICIPANTS
The following events are free for workshop participants.
If you are not a workshop participant but would like to attend, please fill out the registration form and send or call in payment.

Saturday, April 30
8 am | Opening Panel Discussion
Kelly O. Finnerty, MA, LAMFT, Bevie LaBrie, ATR-BC, LAMFT, Tessa Larson, MA, ATR and LPCC candidate

Intersecting Health and Creativity
Kelly, Bevie, and Tessa will help frame the weekend by presenting some questions for participants to consider as well as share about their own artistic and therapeutic practices, ways they refuel their creativity, and thoughts about developing a personal artistic mission.

Saturday, April 30
4 pm | Outdoor Excursion: Practicing Mindfulness: Meditative Walk to Artist’s Point

Sunday, May 1
7:30 am | Yoga
Amanda Weber

Yoga has a unique way of strengthening and toning your body, improving flexibility, and enhancing your sense of well-being. This all level session will find the balance between effort and relaxation. The alignment and extension created within the mind and body will encourage unconditional love and joy to fully appreciate the present moment.
PRESENTATIONS — FULL DESCRIPTIONS

All presentations are $10

Saturday, April 30
12 pm
Lea Friesen, MFA

Fostering Communal Creativity
Lea will share a variety of case studies highlighting her work in assisted living environments and in correctional facilities. She will focus both on her work with individuals, as well as on what it means to honor and develop a creative, communal environment. She has enjoyed incorporating a practice of mindfulness within art-making, drawing out the threads of creativity that are present in every person to bring about greater individual freedom and potential.

Saturday, April 30
7 pm
Craig Balfany, MPS, ATR-BC

Grounded Self-Care: Symbols, Metaphors, and the Creative Process
Craig is the Art Therapy Program Director at the Adler Graduate School and has 20 years of clinical art therapy experience. Using symbols, metaphors, and imagery, he will present options to explore and build upon personal strengths and enhance self-care skills.

Sunday, May 1
8:15 am
Suzabelle Janiceck, ATR

The Road Less Traveled via Highway 61
Art Therapy provides a unique approach for helping individuals improve psychological and spiritual health, cognitive abilities, and sensory-motor functions. Art Therapists facilitate a means for individuals to create art and verbally process their imagery to help resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight and explore spiritual beliefs. Join local Art Therapist Suzabelle (‘Belle’) Janicek as she shares her unique experience in serving both children and adults in Cook County.

Sunday, May 1
12 pm
Maggie Anderson, PsyD

Inspiration, Imagination, and Creation: How the Creative Process Affects the Whole Person
The human mind (neurochemistry), body (physical effort), and spirit (curiosity) create a dance that reflects specific individual sensory responses to the world. Maggie will address this complex inner constitution, looking at what shuts us down or opens us up to creative expression.
**Maggie Anderson, PsyD**
Maggie Anderson found clay as a therapeutic tool while working as a psychotherapist and has been obsessed with it ever since. Starting with classes at Northern Clay in Minneapolis and the Grand Marais Art Colony, she got hooked with the help of Peter Jadoonath and Dorian Beaulieu. She has continued her education by learning from other potters she admires, including Robin Hopper, Tom Turner, and raku masters Steve Hemingway and Ken Turner. She is excited to share what so many generous potters have shared with her.

**Craig Baflany, LPC, ATR-BC**
Craig is the Art Therapy Program Director at the Adler Graduate School. He is very involved in educating, supervising and promoting the profession of Art Therapy. Craig has 20 years of clinical art therapy practice working with children and adolescents in mental health and chemical health programs, as well as adults with traumatic brain injuries and congenital disabilities.

**Kelly Finnerty, MA, LAMFT**
Kelly O. Finnerty, LAMFT, is an artist and psychotherapist dedicated to the healing power of creative expression. She guides therapeutic art-making for individuals and groups. Her innovative community art projects and museum art exhibits have received support from the California Arts Council, the Minnesota State Arts Board, and the National Endowment for the Arts. She currently leads Healing Motion, a therapeutic group for girls using yoga and art at the Family Enhancement Center in Minneapolis.

**Lea Friesen, MFA**
Lea Friesen has an MFA in Printmaking from Illinois State University. She works with many populations, including: children and the elderly, developmentally disabled adults, teens, college students, and mentally ill adults. In 2014 Friesen began teaching in a secure juvenile detention unit and a residential program for youth. Friesen’s focus in her art classes is on building a studio atmosphere of non-judgement. She values art as a mindful practice and tries to bring that to her students’ experience.

**Suzabelle Janicek, ATR**
Suzabelle Janicek studied art at the University of London and she has earned the following degrees, BFA in painting and printmaking from College of Associated Arts, MFA in painting and printmaking from Pratt Institute, and an MA in art therapy from UW-Superior. As a figurative expressionist and decorative painter her work has been exhibited in the United States and Barcelona, Spain. She has worked in educational and medical settings as an Art Therapist and educator including as an Art Therapist/Healing Arts Coordinator for Park House; at the AIDS Day Health Center in Minneapolis, and at Mercy Hospital Behavioral Health.

**Bevie LaBrie, ATR-BC, LAMFT**
Bevie LaBrie’s art has paralleled her roles as an art therapist, wilderness instructor, art educator, and youth worker. Her exploration of nature and human experience intersect, influencing her artwork and approach to teaching. An intuitive process is central to her work using reclaimed materials and mixed media: acrylic, watercolor, collage, pen and ink, and oil pastel. Her passion is journeying with others to discover their authentic voice and meaningful participation in their lives through the creative process.

**Tessa Larson, MA, ATR and LPCC candidate**
Tessa Larson first started coming up to Cook County in 1997 while venturing into the BWCAW. She is an art therapist with an MA from George Washington University who specializes in processing trauma. Her passion also lies in utilizing art to understand outdoor experiences and incorporating nature into artwork. Tessa lives in Grand Marais, works at the Art Colony, and also provides art therapy contract work throughout Cook County.
OVERALL SCHEDULE

Saturday, April 30
8am | Opening Panel Discussion
Kelly O. Finnerty, MA, LAMFT; Bevie LaBrie, ATR-BC, LAMFT; Tessa Larson, MA, ATR and LPCC candidate
Intersecting Health and Creativity

9 am – 11:55 am | Morning Workshop Sessions
12 pm – 1 pm | Presentation
Lea Friesen, MFA
Fostering Communal Creativity

1:05 pm – 4 pm | Afternoon Workshop Sessions
4 pm | Outdoor Excursion
Practicing Mindfulness: Meditative Walk to Artist’s Point

7 pm | Presentation
Craig Balfany, LPC, ATR-BC
Grounded Self-Care

Sunday, May 1
7:30 am | Yoga

8:15 am | Presentation
Suzabelle Janiceck, ATR
The Road Less Traveled via Highway 61

9 am – 11:55 am | Morning Workshop Sessions
12 pm – 1 pm | Presentation
Maggie Anderson, PsyD
Inspiration, Imagination, and Creation: How the Creative Process Affects the Whole Person

1:05 pm – 4 pm | Afternoon Workshop Sessions

4:45 pm | End of the Day Wrap Up

Monday, May 2
9 am – 12 pm | Morning Workshop Sessions
12 pm – 1 pm | Roundtable Discussion

1 pm – 4 pm | Afternoon Workshop Sessions

REGISTRATION

This is a priority registration event and participants are asked to designate their first, second, and third workshop choices. Participants will be scheduled into their first priority on Saturday, second priority Sunday, and third priority Monday. Workshops are subject to cancellation or reconfiguration based on participant response. Presentations are on a set schedule as outlined below.

Participants can register for the entire event or select sessions ala carte style and are advised to first call to check workshop availability before sending in registration.

Full Event Tuition (includes all three workshops, all presentations, yoga session, and the outdoor excursion): $376

Ala Carte Tuition:
Workshops | Tuition: $95 | Supply Fee: $17
Presentations | $10
Yoga and Saturday AM Introductory Panel Discussion:
Free for workshop participants | $5 for non-participants

**Need based and non-need based scholarships are available. Call for details.**
REGISTRATION FORM

Name:_____________________________________

Address:____________________________________

City/State/Zipcode:___________________________

Phone:______________________________________

Email:______________________________________

☐ Check here if you do NOT want to receive our monthly e-newsletter

How did you hear about the North Shore Readers and Writers Festival?

Magazine or Newspaper – which one?___________________________

Website – which one?______________________________________

Instructor – which one?____________________________________

Other:______________________________________________

REGISTER BY PHONE OR FORM

Please call for session availability before mailing in registration form.

Make checks payable and send to:

Grand Marais Art Colony | PO Box 626 | Grand Marais, MN 55604

Please call to register by phone at: 218-387-2737

Enclosed Payment

WORKSHOPS (rank each workshop in order of priority):

Personalized Journal Making Choice #:_____ Qty:_____

Creative Play and Emotional Resilience #:_____ Qty:_____

Your Journey Through Story Cloths – Arpilleras #:_____ Qty:_____

Total Qty:_____ X $112 ($95 tuition + $17 supply fee) = $_____

Presentations:

Fostering Communal Creativity (Saturday – 12pm) Qty:_____

Grounding Self-Care (Saturday – 7pm) Qty:_____

The Road Less Traveled (Sunday – 8:15am) Qty:_____

Inspiration, Imagination, and Creation (Sunday – 12pm) Qty:_____

Total Qty:_____ X $10 = $_____

$5 Events (Free for workshop participants):

Opening Panel Discussion (Saturday – 8am) Qty:_____

Yoga (Sunday – 7:30am) Qty:_____

Total Qty:_____ X $0 (if workshop participant)/$5 = $_____

OR

FULL EVENT PASS: Qty:_____ x $376= $_____

*Full event pass holders still need to register and prioritize workshops AND (optional)

LUNCH SATURDAY: Veggie____ Meat_____ Qty:______ x $13 = $_____

Gluten-free - Qty:______ x $14.50 = $_____

LUNCH SUNDAY: Veggie____ Meat_____ Qty:______ x $13 = $_____

Gluten-free - Qty:______ x $14.50 = $_____

AND (optional)

Add Membership Amount ($25 Individual | $50 Family | $75 Sustaining $100 Sponsor | $250 Patron | $500 Benefactor | $1000+ Partner) : $___________

Total Amount Enclosed: $___________