

Art Heals Retreat

Designed Specifically for Widows and Widowers

Saturday, June 4, 2016 | 9 a.m.—4p.m.

- NO previous art skills required!
- Treat yourself to a day of self-discovery, emotional rejuvenation and a supportive community.
- Attendees will be guided through several easy, hands-on art activities that are designed to promote self-reflection and self-discovery.
- Past participants have reported that the retreat helped them to better cope with unresolved feelings, anxiety, regulating emotions, and the everyday stress of life.

Discover the
healing power
of your own
creative process.

Art washes away from the soul
the dust of everyday life. ~ Pablo Picasso

Register Online: www.csusm.edu/artheals

Location: The McMahan House at CSUSM

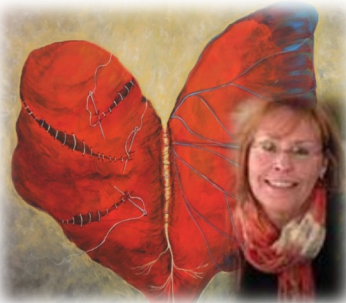
Cost: \$75 (includes breakfast, lunch, art supplies and parking)

Questions: 760-750-3550 or llipsey@csusm.edu



Institute for Palliative Care

AT CALIFORNIA STATE UNIVERSITY SAN MARCOS



About the Facilitator: Dr. Colleen Moss has a M.S. degree in Rehabilitation Counseling with an emphasis in Art Therapy with Special Populations and a Ph.D. in Educational Psychology.

Dr. Moss has a special interest in expressive and healing arts. However, it was not until her husband died that she experienced the healing power of art for herself. After her husband's death, Dr. Moss began to paint as a way to cope with her grief. Over a three-year period, she painted 12 canvases that chronicle her personal and transformational journey. Ultimately her work showcased the miraculous resiliency of the human spirit.