



Creative Catalyst Workshop Series

Visual Art for Self-Expression and Connection

Kathy Ellwand

June 9, 2020

The '**Visual Art for Self-Expression and Connection**' workshop with Kathy Ellwand allowed us to get in touch with our emotions and use drawing/coloring to create art in community. If you attended, we hope you enjoyed being a part of the 'forest of trees'.

Goals for the workshop:

- To increase your sense of freedom and express yourself using visual arts
- To learn techniques using mark-making and color to connect to yourself and others
- To have fun

As promised, we are sharing some resources from this workshop.

- A list of the music from the session and instructions for the **Workshop Activities.pdf**
- A peek-a-book view of the 'Forest' we created together - **Forest of Trees.pdf**