

Opening Doors Art

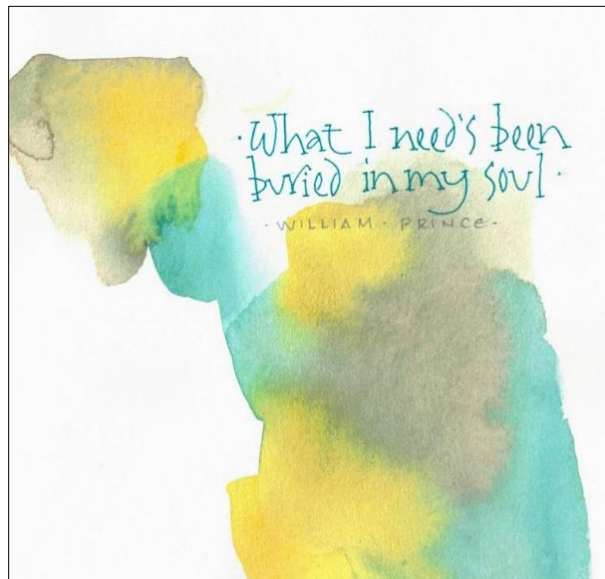
## 'Trust the Process'

with Tara Hayden

"Effective perspective-taking requires that we shed light on our subconscious. In doing so, we cultivate empathy and broaden our understanding of different viewpoints, while inspiring affirmative action, and a more holistic view of our world." -Michelle Keane 'Wise Brain Bulletin'

I don't know about you, but the world today can be a bit overwhelming! With that in mind, I have been on a journey of looking deeply at myself on a subconscious (and conscious) level to ground myself and function in this world as the best person I can be.

I'd like to invite you to join me in an art experience where we will have the opportunity to look at ourselves through the lens of art projects. In other words, there will be plenty of time to hold space for yourself. I visualize a nest where safe, brave space is provided.



This class is definitely about process vs. product! Many of the art experiences will include lettering, painting, art journaling and collage while others will be using some different materials. If you are interested in exploring some parts of yourself that may be hiding in the dark through a shared art experience with others who are on that same journey, this class might be for you!

This workshop will happen once a month for nine months rather than a condensed weekly or weekend experience. This time span is to provide you with the time and space to 'Trust the Process'!

**Who:** Anyone! Beginners to experienced artists

**Where:** St. Andrews Heights Community Hall, 2504 – 13<sup>th</sup> Avenue NW, Calgary

**When:** First Wednesday of every month from October 2023 to June 2024 (nine sessions)

**Time:** 10 AM – 12 PM

**Cost:** \$150 for members and \$180 for non-members plus fee for supplies (see below)

Total cost including supply fee: \$195 for members and \$225 for non-members

Non-members – please consider joining BVCG. The membership cost is \$45 and includes three Journals per membership year, 3 two-hour online enrichment sessions over the winter and many in-person sessions with access to our BVCG calligraphy library.

[Online Membership Form](#)

Check out our [Calendar](#) for upcoming activities

Supplies: Supply list will be provided upon registration. A specialized list will also be provided for each month's offering. Additionally, some supplies will be provided by Tara each month. There will be a supply fee of \$45 (\$5/month) to cover these costs.

Maximum 18 students

Registration starts on Tuesday September 5, 2023 at 10:00 am.

To register, send an email with your name, email address and phone number to

[bvcgworkshops@gmail.com](mailto:bvcgworkshops@gmail.com). You will receive instructions to pay by e-transfer. Your place will not be guaranteed until we receive your payment.

Note: we have kept the registration fee low, keeping in mind that most people will not actually be able to make it to all nine sessions. If you are sick, we need you to please stay home. You may be travelling or have something come up at the last minute. Tara will be sharing her detailed teaching notes so you can still work on the projects. We will also be setting up a class Padlet so you can see what Tara and the other class participants have created and share work you have created between classes.

