



February 12

at The Oasis in Kanata

*A place for caregivers of
people with mental illness*

Compassion: how Art Therapy can help

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, February 12, 7pm
Free. All welcome.**

Many families affected by mental illness also experience the effects of shame and stigma. Elise Laviolette, The Oasis in Kanata's Program Manager, a professional Art Therapist, will present an interactive session, focussing on creative and art-based approaches to fostering self-compassion and compassion for others.