



Trailhead Christian Counseling is offering Christ-Centered Eco-Art Therapy Sessions

Discover God's love and acceptance through His creation

Through the use of eco-art therapy and Christian mindfulness, individuals will become more aware of the deep love and acceptance God has for us. Eco-art therapy blends art therapy (a type of psychotherapy that allows one to express feelings, ideas and experiences through art) with a nature-based approach to healing.

This small women's group (ages 16 and older) will meet on Saturday mornings; arriving at the site by 9:00 (except for Powers Art Museum). Water, sunscreen, bug repellent, comfortable walking shoes, clothing that is sensitive to Colorado's weather changes, a folding chair and a snack are all encouraged.

Meeting sites:

Week 1 (Sept. 23rd) Rifle Falls

Week 2 (Sept. 30th) Powers Art Museum, Carbondale (This session will begin at 11:00 am when the museum opens)

Week 3 (Oct. 7th) Harvey Gap Lake, Silt

Week 4 (Oct. 14th) True Nature, Carbondale

To sign up, please contact Stephanie Smith, MA, LPCC, ART-P at: stephanie@trailheadchristian.com

Cost: \$40 per session. Self-pay or Medicaid accepted. Artistic experience is not required. Art materials will be provided for all four 2 hr. sessions.

To encourage low stress in finding each location, I am open to meeting at another spot and caravanning or carpooling to the specific site.

"God saw all that He had made, and it was very good." Genesis 1:31

