



SoulCollage® Drop-In

Could you enjoy and benefit from some time for personal exploration that provides support and self-care?

Soul Collage® may be just what you are looking for.

SoulCollage® is simple to do. You just choose images from magazines. No art experience is needed. It's a fun and gentle process which almost always surprises participants with what they learn about themselves and their lives. This gentle, personal journey is much more than just making cards and your

personal exploration is facilitated by Dianne Mathes & Dawn Tracz, therapists & trained facilitators who will support you in experiencing the depth of what Soul Collage can provide.

You will learn to make cards from images you choose and all materials are provided. You will be shown different ways to read the cards you make so you can use the cards to reflect on life's questions. SoulCollage® can help you deepen your understanding of your world (self, others, community, dreams). SoulCollage® is playful and gentle self-care; share the day with a friend or a co-worker. Professional teams have used it as team building, stress relief and for strengthening relationships.

Afternoon and evening drop- ins are going to begin soon at the Centre for Connections at 4907 Dundas Suite A, just at the intersection of Dundas & Burnhamthorpe. Stay tuned for dates and times this spring.

Dawn Tracz and Dianne Mathes at **The Centre for Connections** are experienced therapists and registered Social Workers. Dianne Mathes is a certified SoulCollage® facilitator. Contact dawntracz@gmail.com for registration forms or you can contact us directly at 416-487-2404. The registration form is also available on our website at www.centreforconnections.ca. Follow us on Twitter @centr4connect.