



# FÄMILY SPRING PARTICIPACTION



May 5 - Virtual Visit to the KPL 6:30 p.m.



May 18 - Find Your Way Back to Positive with Nancy Revie, 7 p.m.



May 19 - Paint Night (Dragon Fly Dance), 6:30 - 7:30 p.m. (See p. 2 for details)



May 26 - Paint Night (Fleurs de Marche) 6:30 - 7:30 p.m. (See p. 3 for details)



May 26 - Starlight Yoga with Michelle Burns, 7:30 p.m.

Free! Brought to you by CPIC & Ministry of Education PRO grants. Sign up <u>here</u>.



# "Dragon Fly Dance"

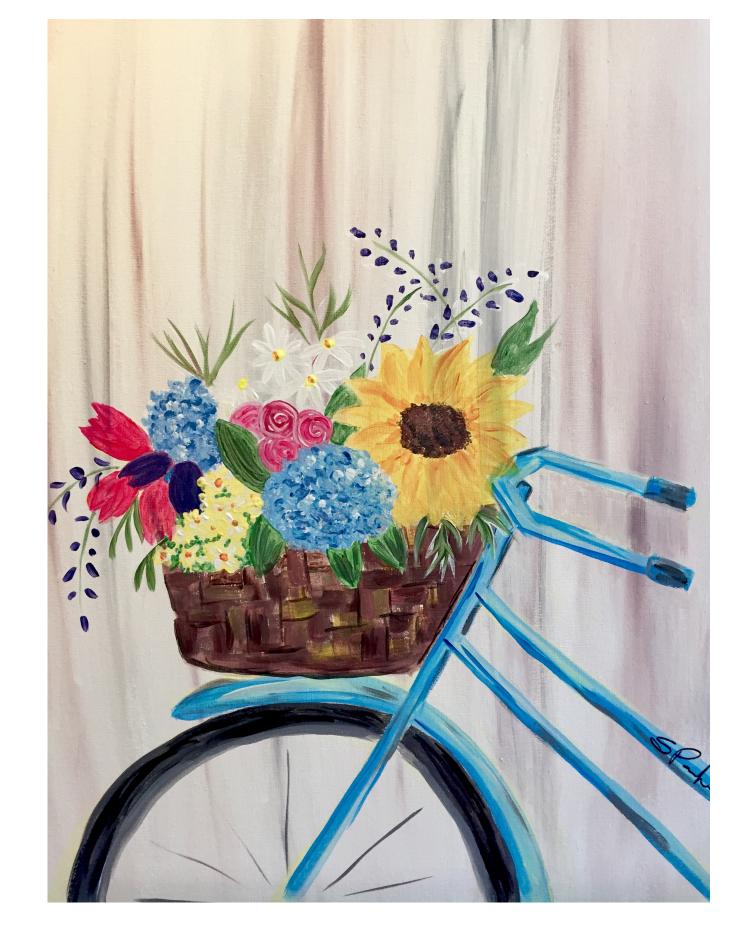
## **EQUIPMENT WE SUPPLY:**

- 1. Acrylic Paint (Red, Blue, White, Black, Yellow & brown)
- 2. Brush Set (We will use 3 Brushes big, medium, small)
- 3. Foam Plate for mixing paint
- 4. Canvas 16x20"

#### YOU SUPPLY

- 5. A cup for water to wash your brush,
- 6. Paper towels for drying/cleaning your brush
- 7. A smile!

From Arts Consultant Connie Walz, "Painting, drawing, and colouring all provide a type of calming meditation which helps to reduce anxiety. Having a creative outlet, gives people a voice..."



## **FLEURS DE MARCHE**

# **EQUIPMENT WE SUPPLY:**

- 1. Acrylic Paint (Red,Blue,White,Black,Yellow & brown)
- 2. Brush Set (We will use 3 Brushes big, medium, small)
- 3. Foam Plate for mixing paint
- 4. Foam Plate for tracing the wheel
- 5. Canvas 16x20"

## **YOU SUPPLY**

- 6. A cup for water to wash your brush,
- 7. Paper towels for drying/cleaning your brush
- 8. A Pencil
- 9. A smile!

From Arts Consultant, Connie Walz, "Painting, drawing, and colouring all provide a type of calming meditation which helps to reduce anxiety. Having a creative outlet, gives people a voice..."