



FAMILY 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 [here](#).



“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..."