



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT
Spark of Brilliance

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Spark of Brilliance Workshops and Events
July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY CANADA DAY!	2	3	4	5 Watercolour Bookmarks 1:30-3:30 p.m. Guelph	<p>You're going to make it. It'll be hard, but you're going to make it.</p> <p><small>curiano.com</small></p>	7 DIY DAY: Popsicle Puzzles 2:00-4:00 p.m. Kitchener
8	9	10 Sea Glass Framed Art 1:30-3:30 p.m. Guelph	11 Fundamentals of Drawing 10:30 a.m. – 12:30 p.m. Kitchener Essential Oil Pendants 1:30-3:30 p.m. Guelph Enabling Garden @Riverside Park	12		14 Mindful Mandalas 2:00-4:00 p.m. Kitchener
<p>DON'T BE PUSHED BY YOUR PROBLEMS. BE LED BY YOUR DREAMS.</p>		17	18	19 Wellness in the Park Kitchener Contact your Self Help and Peer Support site facilitator for more info. Register by July 6!	20 Writing in Styles 1:30-3:30 p.m. Guelph	21 Art Journaling 2:00-4:00 p.m. Kitchener
22	23	24	25 Art in the Park: Driftwood Art 1:30-3:30 p.m. Riverside Park: Guelph	26	<p>Note to self: RELAX</p>	28 Cartooning with James 2:00-4:00 p.m. Kitchener
29	30 Drawing Up Some Fun CANCELLED THIS MONTH	31 Collage with Tracey 1:30-3:30 p.m. Guelph				

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Workshops and Events for the month of July 2018

GUELPH

Workshops take place at **147 Wyndham St. N. in the CMHA boardroom** unless otherwise specified below. Unless otherwise specified in the workshop description below, **all Guelph workshops require registration**. To RSVP for a workshop, please send an email to mgray@cmhaww.ca or leave a message at 519-763-4014 x2355.

Watercolour Bookmarks: Create gorgeous watercolour bookmarks with beautiful black contrast. Finish it off with a tassel for some added class!

Sea Glass Framed Art: Make a beautiful and simplistic piece of sea glass art, and once finished, make a sea glass greeting card to give to a loved one!

Writing in Styles: Learn about famous authors and their styles through a variety of reading and writing exercises. Each month will feature a different author. Participants will also be welcome to share one prompt a month with the rest of the group, so feel free to bring your ideas to the table! **No registration required, but space is limited to 10 people.**

Essential Oil Pendants: Ever wonder where essential oils come from? How they are extracted from the plant? This is your chance to meet the plant from which the essential oil is extracted. In this program we will learn about the therapeutic effects of some of the plants found in The Guelph Enabling Garden and their essential oils with Lisa, a trained & certified aromatherapist. Anna will teach you how to make a clay pendant that will 'hold' and diffuse an essential oil. Experience the healing properties of essential oils and make a piece of jewelry to take home with you.

Art in the Park: Driftwood Art: Make an eclectic and unique piece to hang on your wall or front door, using driftwood collected from beaches across Ontario!

Drawing Up Some Fun: Cancelled for July. Check back next month!

Collage with Tracey: Sit back, relax, and enjoy as Tracey guides you through making a mindful collage.

KITCHENER

All Kitchener workshops take place at CMHA 67 King St. E. (please use Benton St Entrance. If after hours or weekends, ring the buzzer and someone will come and let you in.) Kitchener workshops **do not require RSVP unless otherwise stated in the workshop description**.

DIY DAY – Puzzles: Do you like puzzles? Me too! Come join Necol in making Popsicle puzzles, great for entertaining kids, as well as adults. If you have a specific picture you would like to turn into a puzzle make sure to bring it along, however, we have lots of pictures to choose from if you wish to be spontaneous.

Fundamentals of Drawing with Aras: Learn sighting procedures, proportion, and scale and create your own geometric still life drawing! Feel free to bring along your favourite sketchbook if you wish! Small Boardroom

Mindful Mandalas: Find peace and relaxation in a friendly space!

Art Journaling: An art journal is a special place for recording and decoding your interior world -- a place to download all your creative ideas, a place to remember the events of the day, or a place to doodle, to draw, and to dream.

Cartooning with James: Have fun cartooning with James!

All supplies for all workshops provided at no cost to participants, unless stated otherwise.
****When participating in our services all individuals are required to adhere to the code of conduct.***