



Canadian Mental Health Association  
Waterloo Wellington



SELF HELP &  
PEER SUPPORT  
Spark of Brilliance

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Spark of Brilliance Workshops and Events  
**September 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5 Write Now! 1:30-3:30 p.m. Guelph	6	7 Zendoodling 2:00-4:00 p.m. Kitchener
8	9	10	11 Fundamentals of Drawing and Colour 10:30 a.m. – 12:30 p.m. Kitchener  Paint Day 1:30-3:30 p.m. Guelph		13 Fall Planters 1:30-3:00 Guelph Enabling Garden Riverside Park, Guelph	14 Art Journaling 2:00-4:00 p.m. Kitchener
<p>Turn your demons into art, your shadow into a friend, your fear into fuel, your failures into teachers, your weaknesses into reasons to keep fighting. Don't waste your pain. Recycle your heart.</p> <p>ANDREA BALT</p>		17 Art Journaling: Accidents and Imperfections 1:30-3:30 p.m. Guelph	18 Improv.ing Life (through Music) 1:30-3:30 p.m. Kitchener	19	20	21 Knifty Knitting and Creative Crochet 2:00-4:00 p.m. Kitchener
		24		26	27 Tile Art 1:30-3:00 Guelph Enabling Garden Riverside Park, Guelph	28 Artist Trading Cards 2:00-4:00 p.m. Kitchener
29	30	<p><b>IMPORTANT NOTE:</b> Due to space limitations and participant waiting lists in Guelph, please sign up for no more than 3 workshops per month at the Guelph CMHA location. This will afford others the opportunity to participate! If a workshop still has space the day before, those on the waiting list will be notified. As always there is no registration required in Kitchener.</p>			<p><b>Workshop Cancellation</b>—The information line is updated by 4:00 pm each day unless unforeseen circumstances arise, and will inform you of any workshop cancellations. Kitchener 519-570-4595 ext. 4004 Guelph 519-763-4014 ext. 2304</p>	

## Spark of Brilliance

### *Workshops and Events for the month of September 2019*

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.*

#### 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](mailto:mgray@cmhaww.ca) or leave a message at 519-763-4014 x2355.

**Write Now:** Receive a prompt and write to your hearts content. After a period of writing, those who are interested in sharing their writing are welcome to do so. All styles of writing permitted, all levels of experience welcome!

**GEG Workshop – Fall Planters:** Gather together in The Guelph Enabling Garden to plant and decorate a beautiful fall planter to take home.

**Art Journaling:** As requested by participants, we are bringing back our monthly art journaling workshops, which will be held on a different Tuesday each month. All supplies will be provided to create your pages, but please bring along your favourite journal to work in. Also, feel free to bring along prompts and ideas for layouts and themes! This month's prompt will be "Accidents and Imperfections."

**GEG Workshop - Tile Art:** On a beautiful fall day at The Guelph Enabling Garden we will engage with our creative side to create "Tile Art" to take home or give to a friend.

**Paint Day:** A free-for-all painting experience, open to expression and intuition with a focus on process.

#### 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.

**Zendoodling:** Zendoodling is the art of drawing designs using structured patterns or 'Zen tangles'. When you draw a Zendoodle, you're creating a work of art, but you're also deliberately creating a mood, focus, and state of mind.

**Fundamentals of Drawing and Colour 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

**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.

**Improv.ing Life (through Music):** Join us as we find balance and recovery through jamming together on a variety of percussion instruments.

**Knifty Knitting & Creative Crochet:** Knitting can keep you calm. Please join us and we will show you how it's done. No experience necessary. We'll also throw in needles, yarn and patterns to get you started.

**Artist Trading Cards:** Learn about, and make Artist Trading Cards, that you can share with your friends – even with people around the world!