

*Mandala is an ancient Sanskrit word meaning circle, or center, the center being the center of any person or thing.*



*A circle is one of the most universal symbols of wholeness. Within the circle all is symbolism, much as in a dream.*

## CREATE YOUR OWN MANDALA WITH AN INTRODUCTION TO ART THERAPY

**APRIL 7, 12:00-3 PM  
JOURNEY CARE CENTER  
2050 CLAIRE COURT  
GLENVIEW**

Mandalas can be a form of meditation and be created to symbolize your journey in life, tell a story of where you've been, or reveal your path in life. Painting, drawing, or coloring a mandala allows for your creative brain to come out and play.

**COME OUT AND PLAY**  
with **Linda Goldman, M. ED, A.T.R., BC**  
[www.counselingcreativelychicago.com](http://www.counselingcreativelychicago.com)

See how art can help reduce stress and anxiety and assist you to honor your feelings.

Linda is a registered and board certified art therapist with 40 years of experience. Art therapy combines the process of art making with modalities of psychology creating a direct way to 'see' what you are feeling. Through the creation of a mandala you'll be able to "see" for yourself what Art Therapy is all about and leave with a new piece of art and insight into the direction of your path.

Supplies to bring: watercolors, craypas, pastels, (no oils)  
glue, tape, markers  
anything you might like to add to your art such as,  
tissue paper, construction paper, feathers, etc

Cost: \$40 GAL members/\$45 non-members (includes snack)

Deadline to register: March 30th

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Cut off and return with your payment to:  
[Checks payable to Glenview Art League]

Glenview Art League  
1920 N. Waukegan Rd.  
Suite 204  
Glenview, IL 60025

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

GAL member?  yes  no

Total enclosed \_\_\_\_\_