



# Southeast Florida ACA Intergroup is offering a Vision Board Workshop

**WHEN:** Sat., January 19 from 1:30-3:00pm

**WHERE:** First Unitarian Universalist Church, 635 Prosperity Farms Rd., North Palm Beach (Located north of Northlake Blvd on west side) Look for blue church sign.

**COST:** There is no charge for this event, however, the basket will be passed.

**PLEASE BRING:** magazines (Oprah, Real Simple, Better Homes and Gardens, any others that you like or respond to). Also bring any favorite writing tool and a fresh glue stick if you have one. Nancy will provide the rest of the materials and also will have extra magazines.

Our minds know more than we think they do. In this workshop we will allow the unconscious mind to speak through art and images. We will use simple art and collage techniques to create a vision board – a work of art that speaks with your voice.

This art project can be **aspirational**: assemble images of what you want to have in your life;

it can be **revelatory**: allow your unconscious mind to tell you through pictures what you want in your life;

or it can be **healing**: what needs to leave your life? Art can be a way to process old thoughts and memories. Sometimes when we take things out and look at them, they have an easier time going to sleep and leaving us alone.

The workshop is facilitated by Nancy A., an artist and Adult Child. Nancy is not a licensed therapist and this workshop is therapy through art, not Art Therapy!

This event is sponsored by the Southeast Florida ACA Intergroup. Your Intergroup provides you with meeting lists, ACA website and literature discounts.

If you would like to keep up-to-date on Intergroup events, go to the website: [www.seflaca.org](http://www.seflaca.org) and sign-in to "Follow" the blog.