

## Art Therapy Women's Group



Art Therapy Women's Group offered by  
Irene M. Haire Master in Counselling:  
Art Therapy Specialization, Registered  
Provisional Psychologist

At the office of:  
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## Art Therapy Women's Group

This art therapy group will help women who want to heal and learn how to use their creativity to develop themselves. People often say this group helps them empower their lives. Many women discover parts of themselves in their art or discover new ways of perceiving solutions and challenges in their lives.

The group will run for 8 weeks on Tuesdays from 5:15 to 6:30 and will include a one hour session for pre-screening and assessment. Dates for groups are:  
Nov. 8 to Dec. 27, 2011  
Jan.3 to Feb. 20, 2012  
Mar. 28 to Apr. 17, 2012  
Apr. 24 to June 12, 2012

*Please Call for Availability and  
Details: 780-433-2269*

## Group Benefits:

- self- esteem
- self- development through creativity and art making.

The following are some of the media we will use;

- Painting-Poster  
Paints/Acrylics
- Clay- Magic  
Model/Earth Clay
- Construction such as  
Inside/Outside
- Collage
- Plasticine
- Work with Self and  
Others Including  
Family
- Gifts for Self/Creative  
Objects
- Narrative  
Stories/Poetry
- Creative Journalling
- Others

### **Group Leader:**

Irene Haire has worked as a therapist and group facilitator since 2003. Irene has been a pharmacist since 1978. She completed a 2 year practicum at the Support Network (2007), Children, Adolescent, Family Mental Health (CASA, 2008) and she has provided ongoing art therapy and counseling at 2 schools within Edmonton since 2008.

Prior to that, she worked at the Sexual Assault Centre Edmonton on the crisis phone line (2003-2005) and co-facilitated a bereavement group at the Support Network(2007). Irene worked as a counsellor in the walk-in counselling area at the Support Network as a volunteer (2004-2007).

Her experience with Canadian Mental Health included a weekly lifestyle enhancement group and a monthly group where she presented educational topics related to obtaining better health (2003-2005).

As well, Irene has developed specializations and further psychological credentials. She specializes in art therapy with adults, adolescents, and children, working with individuals, couples, and running groups. In 2011 Irene trained in “Focusing”, a body-centered therapy. She has her Level One in EMDR Training (Eye Movement Desensitization and Reprocessing)(2011).

She graduated with a Masters in Counselling with an Art Therapy specialization in 2010 and is currently a Registered Provisional Psychologist.

### **Group Format:**

The group will provide an opportunity to share, learn and develop skills for coping, safety, boundaries, self-care and self-nurturing, to achieve emotional balance for each person and a better life for them and their families. Art creation will be part of the groups to learn and explore problems in a fun and creative manner.

### **Group Place & Times:**

All groups will be scheduled to start Tuesdays from 5:15PM-6:45PM weekly for 8 weeks at 10009-85 Avenue, Edmonton. Please check with the office for availability and start date at **780-433-2269**

### **Group Fees:**

The fees are \$110.00 per month and must be paid monthly in advance of the start of the group month. The first month will include a pre-screening, assessment session. Please schedule this session before the group starts. There is a \$10 per month art supply fee included in the monthly fee.

### **Registration Form**

Date of Workshop: \_\_\_\_\_, 2011

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, Province, Postal Code  
\_\_\_\_\_

Contact Phone Numbers  
(Day/Evening): \_\_\_\_\_

E-Mail  
\_\_\_\_\_

Please pay by cash or credit card.  
Please charge my credit card  
\_\_\_\_\_ MasterCard \_\_\_\_\_ Visa

Card Number: \_\_\_\_\_  
Exp. Date: \_\_\_\_\_

Signature:  
\_\_\_\_\_

You will receive confirmation of registration along with instructions to the workshop venue upon receipt of payment.

### **Cancellation & Refund Policy:**

Registrants cancelling up to 4 weeks before the workshop will receive a refund less \$50.00 administration fee. By written request, the full course fee may be transferred to a future group.