

Breathe ~ Create ~ Transform

Art-making and art exploration foster a connection with the unconscious and collective unconscious, revealing a rich range of information to facilitate wellness and inspired direction in life.

Experience awareness, joy and connection as you breathe, create and transform!



Inspiration in the exquisite natural setting of the Trappist Monastery Ruins at St. Norbert Arts Centre

Darci Adam, MA, MEd, RCAT, CCC

- ◆ Master of Arts, Drama
- ◆ Master of Educational Psychology, Counselling
- ◆ Canadian Certified Counsellor
- ◆ Registered Certified Art Therapist
- ◆ Trained in Narrative and Play Therapy
- ◆ Past President Manitoba School Counsellors' Association
- ◆ Canadian Counselling Association Rep, Manitoba Creative Arts Therapies Chapter
- ◆ Sessional Instructor, Counselling University of Manitoba



Darci is a Registered Certified Art Therapist and Canadian Certified Counsellor with 20 years of experience as an educator and counsellor.



Darci in the play therapy room.

EXPRESS YOURSELF

Individual Art Therapy
& Expressive Arts Workshops
for Children, Youth & Adults

Darci Adam MA, MEd, RCAT, CCC
(204) 293-3869 express-yourself@shaw.ca
www.breathe-create-transform.ca
www.snac.mb.ca (see Participate/Services)

EXPRESS YOURSELF



Darci Adam MA, MEd, RCAT, CCC

Breathe ~ Create ~ Transform

Individual Art
Therapy and
Expressive Arts
Workshops for
Children, Youth
and Adults

Tell and
Transform
Our Stories
and Ourselves
through the
Expressive Arts

EXPRESS YOURSELF

Individual Art Therapy &
Expressive Arts Workshops
for Children Youth & Adults

Join experienced art therapist, counsellor and educator, Darci Adam in this exquisite natural setting, where she will support you to fully and deeply express and integrate mind, body, and spirit through the channel of the imagination.

Art, sand tray, writing, movement, breathing, drama, and play therapy strategies transform problem stories to help you **tap your own joy and life force.**

Darci combines talk and experiential therapies **to create optimum potential for inspired change and wellness. Feel Alive!**

Individual and group therapy for children, youth and adults are offered.

"Darci is a gentle presence and a strong leader...an excellent animated facilitator and a well-grounded, centered and spiritual artist/teacher... The creative materials provided were inspiring, multi-faceted, sensual and exciting.

~Sandi Cain, Music Director Wasaga Women's Weekend

"Her enthusiasm and joie de vivre are contagious."

~ Larry Gagné, Colleague

Groups: Hope, Support, Fun!

Groups create connections and multiply perspectives to foster rich, meaningful expression.

"I've loved the class. Thank you for searching for the hope in each of us — the light in our work. You treat each piece as a treasure."
~Workshop Participant

"Through movement, meditation and art-making, I used all my parts and began to discover the depth of my own significance."
~Soul Attraction Participant

Breathe ~ Move ~ Create

A Meditation, Movement and Art-Making Group to foster Personal Transformation

Woman Strength

Discover and Affirm the Goddess Within

Soul Attraction

Explore Alchemy, Intimacy, Pleasure and Partnership through the Arts

Free Play

A Creativity Group for Artists of all Kinds:
Tap & Zap your Creative Self!

Astro-Art

Explore your Birth Chart : Embody the Elements
(co-facilitator Sharon Wisemyn)

Check website for updates of events to honour and celebrate personal, seasonal and global transformation.
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Individual Therapy

For Children...

- ♦ A playful, fun and affirming therapeutic experience for children
- ♦ Supports children in strengthening their sense of self — tapping their confidence and enthusiasm
- ♦ Darci has experience working with children challenged by Autism, PDD, ADHD, ODD, OCD, loss, separation and divorce, and trauma

For Youth...

- ♦ A supportive venue for sweet rebellion!
- ♦ Explore the shadow and the light, isolation and connectedness, responsibility and freedom

For Adults...

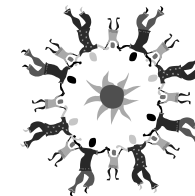
- ♦ Play like a kid, reflect like an adult
- ♦ "See" your stories in fresh ways

"Enlightening. A journey."

~Women's Group Participant

"Deep exploration, deep connection, deep unfolding."

~Goddess Workshop Participant



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off rue des Trappistes in St. Norbert
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