



A PARTNER IN
NCTSN



Recovery and Renewal Workshop Materials:

The following items are suggested materials for your workshop. Should you have the time, gather these or like items to have on hand to optimise your workshop experience.

What Color is Your Heart...: Facilitator: Francine Ostream	We are the Whole Story...: Facilitator: Michelle “Mush” Lee	Thriving > Surviving...: Facilitator: Tanya Susuki	My Body is a Vessel...: Facilitator: Shirely Johnson
<p>Sticks, stones, buttons, chalk pastels, paint, feathers, clay...an old book with words, collage possibilities, any material you feel drawn to work with—a surface to work or build on is the only prerequisite... we will take it from there.</p>	<p>Favorite journal or paper, pen or markers. As well, please bring one physical object/artifact that tells a story of revelation (the process of unveiling or being discovered).</p>	<p>A journal/paper and something to write with.</p>	<p>Comfortable clothes to move in, yoga mat (optional), Chair/cushion/pillow (to sit in), Blanket, Journal, Pens, Paper and Markers (or crayons or color pencils)</p>