

SELF CARE FOR CAREGIVER'S

and

CHILDREN'S ART

WORKSHOP

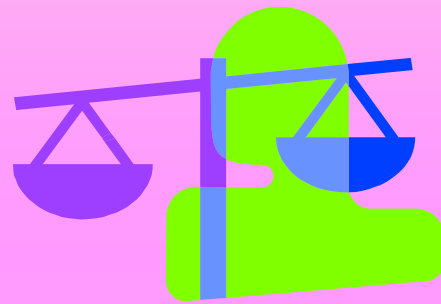


Facilitated by Barbara Karmazyn

Barbara Karmazyn is an expressive arts educator who has worked with preschoolers and their caregivers for many years. With expertise in creative process, dance, drama, storytelling, rhythm and art, Barbara has offered numerous workshops in these specialty areas within the early childhood fields and beyond.

Self Care for Caregivers

Care givers get so caught up in looking after others that they forget about themselves. This workshop examines the reasons why caregivers put others needs ahead of their own and introduces a variety of creative strategies to use throughout the day. Discover how to schedule short breaks and learn new techniques to help maintain a healthy, balanced lifestyle.



Making Art

Discover how to provide rich and stimulating art environments for the preschool child in this experiential workshop. Experiment with a full range of art materials. Learn about the developmental stages of children's art, and why the process of making art is more important than the end result. Some supplies provided.



Date: Saturday, October 16th, 2010

Time: 9:30am until 3:00pm (1/2 hour lunch)

Location: Room B100, Abbotsford Community Services

2420 Montrose Avenue, Abbotsford, BC