



The Veteran's Spouse Project

For every one gone, someone waits...

Hello Made For You "WHAT FILLS YOUR CUP?" Workshop participants!

Thank you for registering for this Fall's VSP Expressive Arts Event. Saying "YES" to this opportunity is also saying "YES" to YOU so I feel good about taking a step toward your own self-care. As a May workshop participant said about what motivated her to sign up, "I came for ME time". I loved this response and encourage you all to approach joining us with this same thought in mind..

Here are some details and answers to some frequently asked questions:

- 1-Remember there is no prior art experience required for this workshop, just willingness, curiosity, and a desire to focus on your self care for a few hours. Leave all your inhibitions at the door and come ready to play! We only ask that you be a spouse of a veteran or active duty service member and that you are open and willing to using creativity to express yourself. The focus is on the expressive art-making process not the product.
- 2- Making stuff is fun! But we will have a set amount of time for playing. I will be providing a schedule so you know what to expect and you can manage what you would like to create in the time that you have. It's normal to lose track of time in the creative process so rest assured that I will be your time keeper:).
- 3-A group credo, a few handouts about communication and listening along with guidelines for sharing art will be emailed to you before the workshop. Hard copies will be provided at the event but we'll want to get right to the fun stuff so please read beforehand!
- 4-Please arrive around 9:45 so you can get settled in for a 10am start. We'll want everyone to be present in order to begin. The group atmosphere enhances this experience and we'd like to have the time to get to know each other a bit at the beginning. And the sooner we get started the more time we will have to make stuff and share!
- 5- Snacks will be available for the entirety of the session and sandwiches will be set out for a working lunch during art-making time. If you have dietary restrictions please let us know and we will try to accommodate you. And if you have a food that always keeps you going please feel free to bring it!
- 6-Wear something you won't mind getting dirty!! Something you can move freely in. Think comfort. And bring slippers or warm socks. We prefer the workshop be shoe free to keep us relaxed and the floor only messy from art supplies:).
- 7-We will be sitting in a circle while working as a group and will have chairs available along with some yoga mats. With that said, if you have your own yoga mat or cushion that you love please bring it! If your comfort zone is on the floor we want you to do it...be your own boss!
- 8-The main question of the day that we will explore will be: "What Fills Your Cup?" I will ask you to keep this question and variations of it in mind as we invite you to experience mindfulness, music, movement, art-making, and journaling. Don't worry, I will be sending you a video speaking more to this and we will give it plenty of talk time at the event. If you have questions that is ok and normal. Know that we will give it time! And you can always email or call me with them. I am happy to hear from you!
- 9-We have a good variety of materials for you to work with and examples of things that have been made in prior expressive arts workshops. With that said, if you have experience with art making and have something you think you might use in the workshop bring it along!
- 10- This safe space and process is meant to be a vehicle for you to connect with yourself and others through mindfulness and spontaneous creative expression. Although it can be therapeutic, it is not therapy. I will help facilitate your exploration of materials and foster a supportive atmosphere for sharing your thoughts about your work and the expressive art-making process.

And ONE MORE THING! You will all be receiving a journal as a gift for signing up and choosing to be part of the Veteran's Spouse Project. Bonus!

We are so looking forward to accompanying you through this afternoon of sharing, connecting, creating, and listening...This is MADE FOR YOU!

Creatively Yours,

Wendy
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