

The Artful Book of Wonders™



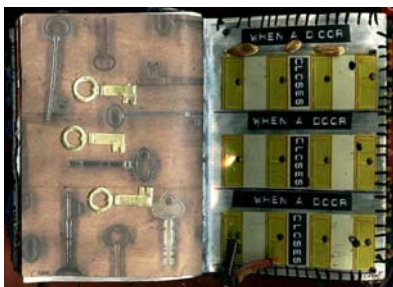
Facilitated by Alessandra Colfi, Ph.D.(c), Expressive Arts Therapist
Offered to cancer patients and caregivers in San Diego County.

Keeping a journal can help us keep body and soul together. It can help smooth out our thoughts, and can help us reflect and make decisions. Journals can also be artful and beautiful!

Join us as we alter used books and re-purpose them into creative personal expressions, by adding simple drawing, painting, writing, stamping and collage with pictures, images, quotes and found objects to help you express your thoughts, ideas and cherished moments.



**It is a playfully satisfying process,
a great way to tell your own story.**



Suggested donation: \$ 20

- a fraction of the actual cost of \$ 200 !!!

No art experience necessary.



**6 sessions: Fridays, Jan. 21, 28 & Feb. 4, 11, 18, 25, 2011
10 am to 12 noon**

PRE-REGISTRATION REQUIRED:

Stop by the Front Desk or call (760) 634-6661



San Diego Cancer Research Institute and Cancer Center
www.sdcri.org

Alessandra Colfi holds a B.A. in Linguistics, a Master in Fine Art, and is a Ph.D. candidate in Expressive Arts Therapy. She's a member of the International Expressive Arts Therapy Association and The Society for the Arts in Healthcare. She is a Faculty and the Associate Director of the Expressive Arts Therapy Department at IUPS. Her background in design & fine art is combined with extensive studies and applications of behavioral science, counseling, transpersonal and humanistic psychology, and academic mentorship. Her research and dissertation focus on empathy as it emerges and is strengthened through the expressive arts process and as a vehicle for healing and raising awareness. Alessandra has been using art and its therapeutic effects for over 9 years in private and clinical settings (assisting cancer patients, Alzheimer's seniors, developmentally and physically disabled adults and children, the general population of adults, teens and children.

www.AlessandraColfi.com