



Expressive Arts Classes

taught by Lauren Mari-Navarro

Lauren Mari-Navarro, LCSW is a psychotherapist in private practice in Santa Cruz. She leads groups on themes of meaning and purpose, using writing as a medium for self-discovery. She is a trained facilitator in both the "Mining Your Life for Meaning"* writing process, and SoulCollage***. (Developed by authors *Anne Hillman, and **Seena Frost)

Current Offerings at Cabrillo College

Extension:

Nov. 1st

SoulCollage®
An Introduction

Nov. 14th

Memoir Writing

Dec. 13th

SoulCollage®
Going Deeper

To register:

www.cabrillo-extension.org

or call 479-6331

& for more info:

www.laurenmarinavarro.com

Nov. 1st

SoulCollage®
An Introduction

In this hands-on workshop let the images you are drawn to capture your imagination and stimulate your creativity as you learn how to make your own deck of personal collage cards and discover how to give a card its own unique voice. As you create your deck of cards you will deepen your understanding of your relationship to your personality parts, your family and community, and enter the world of symbols and archetypes that weave your personal story into the larger story of humanity.

Nov. 14th

Memoir Writing

In this workshop you will explore some of the poignant memories and stories that have shaped your life. With innovative exercises for eliciting memories and writing memoirs, you will discover stories that may surprise you with their power for self-discovery. As you reflect upon the events that make up your life, you will notice the continuous thread that weaves through your experiences, deepening an understanding of who you are, and offering a sense of clarity, meaning, and purpose for your life.



Dec. 13th

SoulCollage®
Going Deeper

This is a class for students familiar with basic SoulCollage® principles. Using the power and poetry of images, we will spend the day applying SC principles to work with our various personal aspects, including our creative side and our inner criticizing voices. Our exploration will increase our capacity to understand, accept, and enjoy our "selves"!