



Hello! My name is Michelle, & This is my beloved pet Iguana Mushu



I would love to offer you a new list of workshops that I only offer to local West Island organizations.

My workshops are wellness and healing-focused with art lessons and optional live animal picture days! My certifications and degrees lie in the Environmental Technology sector (grad SLC), and I currently work for McGill University MED in the laboratories caring for and regulating the research critters I feel a personal stewardship towards.

However, I wish to return to my original field of passion being workshop animation, combined with my fiery passion for self-empowerment and advocacy, as well as combining my talents and equipment available to me for artistic creation and design.

If you wish to hear, my personal story will tell you all about my healing journey, which has allowed me to gain a vast repertoire of healing and wellness techniques that I wish to share with our community. I warn you, it can be emotional, but I have become more than comfortable turning my story into a motivational speech for myself and the listener. Sharing my story and helping others is the final chapter of my healing journey. My role models who played a formative role in my motivations are Joanne Kielo, who was MY childhood art therapist, and Renate Heidersdorf of LaPallette, a local art school, who taught me flow state in art and many incredibly valuable life lessons.

I have a deep passion for ECE; I taught classes with SLC University's early childhood education program and have done countless hours of personal research with a focus on childhood/teen abuse and deprivation-level neglect. I have voluntary certifications with: OSHA WHIMIS, CALAS, the CFIA, and professional experiences

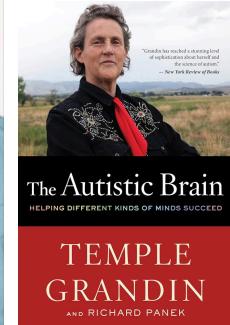
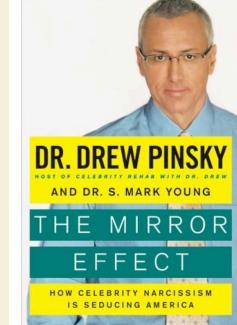
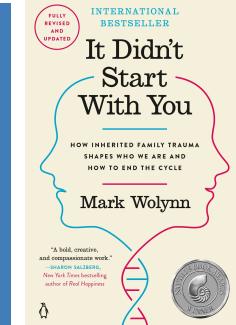
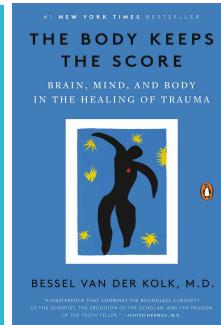
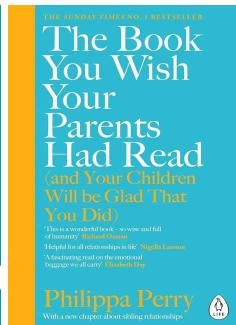
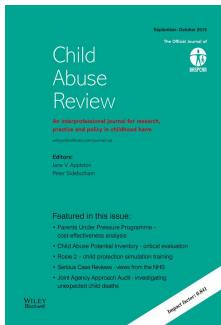
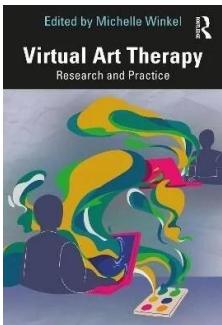


with: the Red Cross special needs caretaking certified, CICE special need adult university-level teaching and private tutoring, Children's educational workshops (10+ years experience) with the Raisin River Conservation, St.lawrence river institute, SLC, Reptizoo, and with my own animation service for children called Curious and Creative Critters.

I hope to offer these workshops as complementary healing, learning, and wellness classes utilizing art as a catalyst for expression and flow-state conversation.



On a personal note: Diagnosed with CPTSD due to severe childhood trauma/neglect, personally, I wish to prevent emotional isolation, abuse, shame, and silence from happening to another child/teen. Some of my readings: The autistic brain by Temple Grandin, The Book You Wish Your Parents Read and Your Kids Will Be Happy You Did, The Body Keeps the Score,





4 Different Workshops

4 Different Learning Goals

1: Self Sustainability - for a sober life

2: Healthy relationships - self advocacy

3: Art Collaboration - remediate quarrels

4: Troubled or low engagement teens - art and esteem building

Each class Itinerary will follow the breakdown seen below:

Class Itinerary

Duration	Activity
5 minutes	Getting seated, distributing materials
10 minutes	Art lesson - guided walkthrough
40 minutes	Open Art Time to complete the art project with a discussion/emotional intelligence lesson
30 minutes	Animal Presentation and pictures!
5 minutes	Clean up & pack up





Self-sustainability, substance abuse group workshops & art classes

1. Adults Substance abuse art class workshops- finding the right outlets, personal liability, and “compliments” a substance abuse substitute that compliments your lifestyle (18+)
2. Teen’s Substance abuse workshops- finding the right outlets (14-18)



This workshop is aimed at two groups, teens and adults. Its focus is to teach new sobriety techniques, methodologies, and practices utilizing art as a catalyst for flow state conversation and emotional expression through compassionate vulnerability. Students will learn these valuable life lessons as well as new artistic outlets for a sustainably sober and happy life.

Additional Personal Motivation: after conquering and overcoming a schedule 1 addiction and the associated turmoil, I continue to manage the physical consequences of my traumas. I feel as if I have reached a thriving point in my health and life with gained emotional intelligence and a new sense of self-advocacy. I wish to give back to the community with everything I have learned throughout my decades-long healing journey.





10 artforms, 10 classes, 1.5 hour per class

- Acrylic keychain making and decoration
- Clay work/sculpture making
- Clay work, painting/stencil applique, and final gloss coat application
- Acrylic markers mandellas on black foam board
- Fabric paint on canvas bags/sweatshirts
- Watercolor pencils on watercolor paper cardstock
- Japanese calligraphy ink on rice paper
- Oil Pastels
- Manga markers: how to draw a tiger pop art masterpiece: follow along guide
- Thank you / gratitude card craft or vision board creation

Class size maximum is 26!

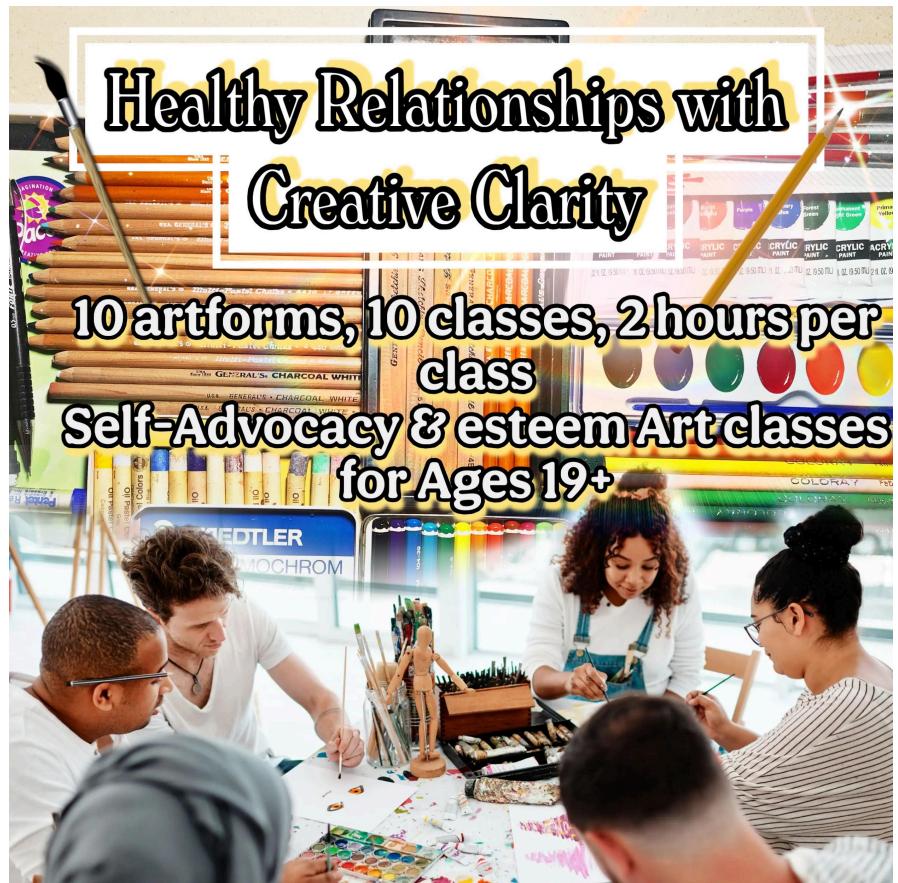




Healthy Relationships: Adult and Teen art group therapy workshops

These workshops will allow separate groups of teens and adults who wish to learn about self-advocacy a safe space to learn about, discuss, and plan exit strategies for abuse scenarios. Group discussions will be targeted towards learning self-advocacy through self-esteem practices, what makes a healthy relationship, not just romantic: professional, personal, fraternal, or even work relationships are analyzed and discussed. We will also go through abuse techniques and the small, nearly insignificant signs you can miss that can lead to eventual coercion, control, physical danger, or isolation. These workshops will always encourage self-esteem practices and advocacy boundaries.

Teens and adults will utilize the same topics, but use different age-appropriate language and terminology.





10 artforms, 10 classes, 1.5 hour class

- Acrylic keychain making and decoration
- Clay work/sculpture making
- Acrylic markers mandellas on black foam board
- Guashe and oil painting
- Fabric paint on canvas bags/sweatshirts
- Watercolor pencils on watercolor paper cardstock
- Japanese calligraphy ink on rice paper
- Oil Pastels
- Manga markers: how to draw a tiger pop art masterpiece: follow along guide
- Thank you / gratitude card craft or vision board creation





Art cooperation with Creative Clarity Art & Team workshop

6-class art course, 1.5 hours each class. 3 large take-home family pride art projects.

This course is aimed at conflict consultations within a group workshop. This course will feature spatial relationship techniques, parasympathetic nervous system regulation through flow state, and 3 cooperative take-home art projects utilizing conversation mediation to work through familiar issues or troubled emotions/behaviours. This course will aim to boost familiar pride and features an end-of-course art gallery display event.

Before the start of each course, teachers will be asked what topic or subject they wish to gently approach with their students, utilizing mediated and counseled conversation. The topic will be gently approached and guided throughout the class.

Topics can include: divorce, problem behaviour, outbursts, disengagement, secrecy, shame, relationship turmoil, quarreling, hard conversations to explain particular events, and more.





3 large project artforms, 6 art classes, 1.5 hours per class

- Large Multimedia painting
- Sculpture making
- Matching outfit painting/personalization





Teens' antisocial art club 10-class course

This workshop is aimed towards troubled or at-risk youth (12 - 17) (18-22) with emotional regulation or behavioural difficulties without a known pinpoint. These classes utilize art therapy techniques to mediate conversations of vulnerability and healing. This class will focus on esteem building and appreciating one's own style and personality.

This class will create a mood board with fairy lights for displaying, a comic-style fantasy original character sheet, paint and personalize canvas bags, shoes, sweatsuits, and 1 personal item from home. This class aims to allow teens to gain confidence through clothing personalization, interpersonal relationship development, and emotional intelligence discussions/lessons.

The emotional intelligence goal is to allow students to gain a sense of self-advocacy and understand the root of their turmoil.

Empty chair techniques will be utilized to explore the root of traumatic emotions in a safe and controlled environment. We aim to identify issues that lead to outbursts, uncooperative/difficult behavior, isolation, or concentration problems. All done through artistic expression, team cooperation, self-advocacy, and esteem building.





**6 large project artforms, 10 art classes,
1.5 hours per class**

- Mood board creation
- Original comic book character sheet and story creation
- Paint and design your own shoes!
- Paint and design your own canvas tote bag!
- Paint and design your own personal item from home - clothing
- Paint and design your own sweatsuit!

