

Celebrate Mother's Day

The Artful Bra

*an Expressive Arts Playshop Facilitated by
Alessandra Colfi, Ph.D. (c) and Nancy Kimerly, M.A.*

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A symbolic reflection of the healing journey while decorating, deconstructing and reconstructing bras into beautiful, meaningful and, yes, uplifting art!

- Each participant will use a bra as a canvas, to be decorated with a variety of wonderful materials. The purpose is to use the bra as a visual, tactile, symbolic container and 'support device' for the emotional challenges, and to use it as a vision for the healing process.
- Through active hands-on manipulation, beauty, humor and group interaction, each participant will integrate her physical, mental, and spiritual experiences to her individual comfort level.
- Music, group sharing and stream of consciousness journaling will also be utilized
- Bra samples, all materials and lots of individual guidance will be provided.

All are welcome! - No art experience necessary.



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 psychology, spirituality 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. 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.

Nancy Kimerly is a breast cancer survivor and Scripps Foundation and Scripps Encinitas volunteer. She has first-hand knowledge of the power of art therapy in emotional healing and how that healing impacts short- and long-term physical health. As a Scripps volunteer, she works closely with the Cancer Liaison, visits cancer patients weekly, and provides volunteer support to many Scripps Foundation endeavors and events. Her vast experience as a behavioral skills facilitator, coupled with her demonstrated listening and healing skills and compassionate nature qualify her as a co-facilitator of the workshops. Nancy holds a Master's Degree in Human Behavior and extensive experience helping organizations and individuals increase effectiveness as a Human Resources and Training Manager.



Wednesday, May 12 ~ 10a to 12.00p

In the Multi-Purpose Room

\$ 10 donation to cover materials

PRE-REGISTRATION REQUIRED

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



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