



Webinar

Saturday

April 10, 2021

9:30 am - 2:30 pm

Intended for mothers of children with disabilities of any age.

This event does NOT provide any formal continuing education credit, such as CPDUs, CE credit, or EI credit. Certificates will not be issued.

**SOUL**

**COLLAGE**

For Moms of Children with Disabilities:

# Nurturing Yourself in this Challenging Time

**Soul Collage: Connecting to Each Other and Ourselves Through Intuitive Art Making.**

This webinar will be interactive and engaging, taking participants to another level of self-care and understanding the importance of taking care of the mental and physical self. Elizabeth Frisbie will present **"Soul Collage: Connecting to Each Other and Ourselves Through Intuitive Art Making"**. She will share the Soul Collage process and reasons to incorporate relaxation and art-making into daily life as a way to keep ourselves emotionally and mentally strong during stressful times.

**Limited to 50 participants. Registration for STAR NET webinar: [www.starnet.org/home](http://www.starnet.org/home)**

**Saturday, April 10, 2021**



Webinar | 9:30am - 12:00pm  
participant log-in: 9:15am

--- 1 HOUR BREAK ---



Webinar | 1:00pm - 2:30pm  
participant log-in: 12:45pm



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