

STORY PORTRAIT™ WORKSHOP

Story Portrait: Trauma Transformed through Art and Narrative is a workshop for suicide loss survivors, or those who have experienced any trauma or loss. Making a story portrait using photographic images, can offer healing insight for participants as they create their own personal collage/story portrait about their trauma/grief journey. Participants are guided through the workshop through a series of questions as they develop their collage/story portrait. The workshop allows participants to express feelings, practice self-care, and connect with others who have also experienced trauma and loss.

By attending the Story Portrait™ workshop participants will:

- Receive validation for the ups and downs of how life changes after loss/trauma.
- Connect with their sensory input systems and allow for neural integration— ensuring that they can connect with, and benefit from, the activities.
- Choose images and use the elements provided by SSC's Story Portrait art facilitator in order to express their loss story through personal symbols, images, and words, or with only images when there are no words.

Participants will receive a set of our award winning books.

SUPPLIES NEEDED:

- Pre-cut and/or ripped out images from magazines or copies of meaningful images/photos that speak to you. Ideally, gather images quickly without knowing why the images and words resonate for you.
- Scissors, glue stick, markers or crayons, pen/pencil.
- Three sheets of construction paper, computer, or drawing paper [8" x 10" or 9" x 12"], or one large sheet of paper that can be folded into thirds, such as 9" x 24."
- Bring an item that brings you joy that you can look at during the workshop.

EVENT INFORMATION:

5:00pm-6:30pm CST on zoom

Register Here:

<https://tinyurl.com/sscmar305>

**THURSDAY,
MARCH 30th**

*\$25 Registration Fee for each
*10 person workshop limit



**metro
regional
arts
council**