

COVENANT EFC

REACH FOR WELLNESS

The art of
Embracing
your
Emotional
Self

SAT
22
AUG

9AM TO 1PM

ACK Centre,
Performing
Arts Studio



Register here:
<https://cefc.ch/connect>

About

the Workshop

True rest doesn't come from just managing your emotions—it comes from learning to hold yourself with kindness. If life's commitments have you feeling disconnected or overwhelmed, join us for a comforting conversation and hands-on workshop designed to restore your inner world.

The Experience

- **Connect**

Navigating anxiety through gentle practices, healthy boundaries, and intentional stillness.

- **Create**

Move from emotional awareness to self-attunement using simple art doodling and clay work.

- **Center**

Experience a safe holding space for stillness. Rooted in psychology and Christian spirituality, this workshop is thoughtfully tailored for anyone seeking deep rest.

Come as you are to reflect, share, and rediscover steadiness. No prior art experience is needed to fully enjoy this space.



Speakers



Yvonne is a seasoned mental health practitioner with nearly two decades of experience supporting individuals through complex emotional challenges, life transitions, and trauma.

Her practice is centred on a gentle, collaborative approach that empowers individuals to navigate anxiety, build healthy boundaries, and reclaim their inner steadiness.

She believes deeply in creating safe, compassionate spaces where people feel seen, heard, and holistically supported through life's everyday pressures.



Karen Tan is a credentialed art psychotherapist with graduate degrees in both psychology and art therapy. She is also a ceramic artist with over two decades of experience in the creative arts. Integrating psychology, art therapy, and Christian spirituality, her trauma-informed practice creates reflective, restorative spaces for inner meaning-making.

As a firm believer in the use of a psycho-spiritual approach to counselling and mental wellness, Karen has been gently accompanying individuals and groups toward greater self-awareness, emotional integration, and inner restedness in the presence of God.