

THE ARTIST'S WAY+

A 12 Week Group For
Building Creative Community
For Artists & Non-Artists

Julia Cameron Quotes

"Creativity - like human life itself - begins in darkness."

"The creative process is a process of surrender, not control."

"I expressed a wish for Artist's™ Way groups to spring into being. . . 'creative clusters' where people would serve one another as believing mirrors..."

Release Creativity from:
Limiting Beliefs, Fear, Guilt & Other Inhibiting Forces
Discover the Learnable Skills to:
Artistic Confidence and Productivity

Format: Creativity Enhancing Exercises & Activities in Small Group (10 Members, Maximum). It is expected that you will read Julia Cameron's *The Artist's Way*.

Tuition: \$30/class paid in advance, \$360 Total.

\$180 to join, second \$180 due at week 4

Location: 5002 Timberlake Terrace, Culver City (Near Overland & Jefferson)

Date & Time: First meeting Tuesday, Sept 15, 7- 8:30 pm

Other: You make weekly commitments--which you choose. You are encouraged to bring in work to share, though we refrain from "critiques."



Facilitated by **Dr. Jane Bolton, PsyD, LMFT, CC**, who has been a psychotherapist for 17 years and was formerly a painter, sculptor, actor, and acting coach. She is also a certified Master Results Life Coach. Her mission is to support the full and authentic Self Expression of all people.

She carries out her mission by providing psychotherapy, by giving supervision and in-service trainings to psychotherapists, and giving workshops and presentations for the general public. She also writes a blog for PsychologyToday.com, Your Zesty Self.

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