

Session 5:
**Stress
Reduction &
Study
Techniques**



with

Dr. Mona-Lee Feehan

'De-cluttering' our minds could be advantageous to opening more 'space' for breath in our physical and emotional lives. In this session, we will be exploring how mindfulness can become an invaluable tool in contributing to a life of 'less' thereby possibly living a life of 'more'. We will also be looking for ways to study more effectively thereby keeping the 'clutter' down.

Saturday May 11, 2024

(10am-6pm)

Ages 12 +

\$75 (first youth)

More than one sibling:

\$50 (each additional

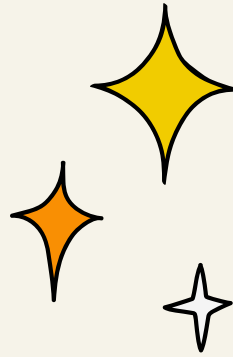
youth from same family)

Register by May 6/24,

Event #15518

**To Register
please visit**

providencerenewal.ca



3005 119 Street, NW
Edmonton AB, T6J 5R5
(780)701-1853

**Providence Renewal
Centre**

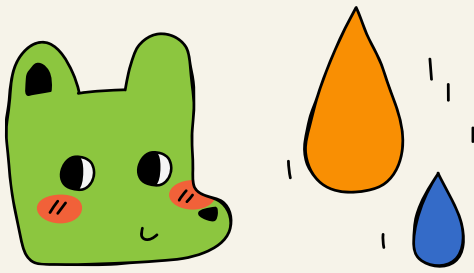


**Youth
Retreat:
A Day
Just for
You**

May 11, 2024

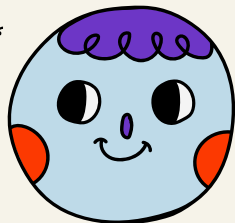
10am-6pm

providencerenewal.ca



Young people today have a level of stress unlike those of any previous generations. Under the influence of the growth of technology, society is moving at a pace most individuals are struggling to keep up with. This is heightened for young people who are navigating this as well as school, jobs, extracurricular activities, parental expectation, and stress over the future.

On **Saturday, May 11, 2024**, Providence Renewal Centre is hosting a Youth Retreat. It is "A Day Just for You,"



Music Therapy

Session 1:
with Alana Pon



We can use music in purposeful ways to support our physical, emotional, spiritual & mental health (and likely there are ways you are already doing this in your daily life)! In music therapy, Certified Music Therapists use music as a tool to work towards goals of well-being, within therapeutic relationships. During our time together, we will engage with music in several ways (e.g. progressive muscle relaxation with guitar, instrument exploration, purposeful playlist building) – with the aim of giving you a break and some extra coping strategies to take home. No previous music experience required, just an openness to try something new!

Session 2:
Faith & Sports with
Dr. Matt Hoven



Ever seen athletes make the sign of the cross at the start of a game? Or point to the heavens when they score a goal? Contemporary sports are filled of examples of lived faith. This session will tell stories about how athletes and coaches seek to live their Catholic/Christian faith in the complex world of sport.

Session 3:
Spirituality & Gaming with

Rev. Matt Lyseng



It is often thought that gaming is just a way to pass the time or burn off a little stress and while there is some truth to that, there is a much deeper side to gaming. Whether it is the exploration of morality, or an opportunity to ask the big questions in life, there is a spiritual side to gaming that helps us connect with something far greater than ourselves and deepen our connection to the world around us.

Session 4:
Art Therapy
with

Kaeli Feehan



"Art is a constant agent of transformation and is indeed the soul's drive to health" – Cathy Malchiodi. Art Therapy combines the creative process and psychotherapy, promoting self-exploration and insight. This workshop will offer participants a basic understanding of art therapy and how we can all use our creativity to tap into our inherent power for growth and healing. Together we will use art to explore internal and external resources that can help us navigate our day-to-day lives. No art experience is required – in art therapy, everyone is an artist even if today is the first day you pick up a crayon