

Breaking Habits of Relating

A Workshop Series for people in the Helping Professions

Create a practice of moving beyond routine spaces of being with one another

- **4-Session Workshop Series –Nov 15, 22, 29 & Dec 6**
- **7-9pm**
- **Artscape Youngplace** -180 Shaw Street
- **\$200** (for entire series)
- **This group is designed for** Social Workers, Nurses, Teachers, CYW's...
- **To Register** call 647 833 2826 or email cathy@delveinsocialarts.com

*Social Arts Facilitator Cathy Paton uses arts-based activities to shift the ways that we think about and approach our relationships; with **ourselves**; with **colleagues and service users**; and with our **wider communities**.*

Within our fast-paced, tick-box, bureaucratic workplaces, our relationships with colleagues and service users are created and remain within routine and limited spaces. As a result, different ways of understanding and relating to the world, each other, and ourselves are marginalized.

Join Cathy in moving beyond this space- to explore, shift and challenge these deeply set habits of relating.

Learn and Practice:

Openness – in the body and in our minds

Opening ourselves to different ways of understanding

Awareness - self-awareness, awareness of others

Recognizing how we are bringing forward who we are

Communication- giving and receiving

Engaging in a simultaneous exchange of needs, wants and feelings

Presence – as an action (being present) and as a concept (my presence)

Exploring what it looks like to be with

Diversity and Inclusion

The facilitator is committed to creating an inclusive workshop. This means that diversity in gender, gender identity, race, ability, sexuality, culture, ethnicity and age are actively welcomed. The workshop does involve physical movement – when you are registering, we can talk about any concerns and/or questions regarding what this will look like for you.

Facilitator Bio:

Cathy Paton MSW, PhD Cand. www.delveinsocialarts.com

As a professional Social Arts Facilitator and Consultant, Cathy works with community organizations and centres, child and family groups, students, businesses, and academics. She has developed inclusive, arts-based programming within diverse cultural and socio-economic contexts as well as with children's programs, universities, and staff teams. Cathy draws on years of; both local and international experience; skills and research in social work; and a range of arts training. While engaging with individuals, groups and communities, Cathy's social justice orientation guides her to work both critically and holistically.