



# *Beautifully Broken*

*Connection and creativity  
to help feed your soul*

## *2024-2025 Topics*

*November 17: Grief and Bereavement*

*December 15: Fill Your Cup*

*January 19: Mindfulness and Meditation*

*February 16: Connecting with Your Inner Child*

*March 16: Forest Bathing*

*April 20: Sound Healing*

*May 18: Kintsugi - Art of Precious Scars*

*June 15: Horses and Healing*

*All sessions take place on a Sunday afternoon from 2-4pm.  
Location: Harcourt United Church, 87 Dean Ave, Guelph.  
For more information or to register, contact [lisa@onethousandtrees.com](mailto:lisa@onethousandtrees.com).*