



Find Your Way

CONGREGATION BETH EL
OF THE SUDBURY RIVER VALLEY



Creating Inner Sanctuary: Mindful Art Making

Sunday, December 4 from 2:00-3:30

Congregation Beth El of the Sudbury River Valley

[CLICK HERE TO REGISTER](#)

Deadline for registration is December 1st

This therapeutic art workshop is presented by Sara Roizen. It is a unique offering to pause, connect, and create some inner emotional space through supportive art making processes, mindfulness-based meditation, and group reflection.

***Sara Roizen** is an artist and art therapist, based in Beverly, Massachusetts. As a Certified Mindfulness and Meditation Teacher and Advanced Trauma Practitioner, she integrates mindfulness and trauma informed practices into her art therapy work.*

This program is available by registration only. For those attending in person, all art materials will be provided. For those attending on Zoom, they will be asked to provide their own materials. See Registration Form for more information.

This program is hosted by the Inclusion Committee of Congregation Beth El and sponsored by The Ruderman Family Foundation.