

REGISTRATION FORM

2010 Simplicity: Creating a Vision of
Doing More with Less

www.myglobalarts.com/simplicity

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

I will be attending:

Thursday Only - FREE _____

Friday Only - \$35 _____

Thursday & Friday - \$35 _____

(Prices include Counseling, Social Worker
and Nursing CEUs)

**Please pre-register so certificates can be
made in advance.**

Registration starts at 8:30am

Send Registration form and payment to:

**Ursuline College Art Therapy &
Counseling Department**

Attn: Patricia Janosko

2550 Lander Road, Pepper Pike, OH 44124

For directions call: 440.646.8139

or email: pjanosko@ursuline.edu

Make Checks payable to: **Ursuline College**

**** No refunds after February 8.**

Seating is limited, walk-ins accepted

ONLY if seating is available.



Cuyahoga Community College - Liberal Arts Dept.
4250 Richmond Road, Highland Hills, OH 44122



Photo credit: Darlene Lamb



Ursuline College Art Therapy &
Counseling Department and
Cuyahoga Community College Pre-Art
Therapy Department present the 10th
Annual Art Exhibit, Lecture & Workshop

Creating a Vision of Doing More with Less

Gallery Exhibit & Reception

Tri-C Gallery EAST

Opening Reception 6:00 - 9:00pm

Thursday, February 11, 2010

- Artwork by nationally known guest artist
Donna Drozda

FREE Lecture (1 CEU)

Pause: Putting the brakes on a Runaway Life
Katherine Gibson, M.Ed.

Author

Thursday, February 11, 2010, 7:00pm

Tri-C - Eastern Campus

Workshop (4 CEUs)

Unclutter Your Life: Transforming Your
Physical, Mental and Emotional Space

Friday, February 12, 2010, 9:00am - 1:00pm

Ursuline College

Featuring Katherine Gibson, M.Ed.

Thursday, February 11, 2010
Tri-C EAST - Liberal Arts Building E1

FREE Lecture

Pause: Putting the Brakes on a Runaway Life
Thursday, February 11 at 7:00pm, Tri-C EAST
Keynote Speaker: Katherine Gibson, M.Ed., B.Ed.

Bestselling author and dynamic public speaker, Katherine's enthusiasm inspires her readers and audiences across North America. Katherine grew up in Edmonton, Alberta.

She made a transition from teaching to writing in 1997, when *Unplugged*, an article describing how her family gave up television, was published. Katherine sees life as a series of choices that either we make, or they are made for us. She believes it is easy to get lost in the clutter of everyday life through easy access to consumer goods and our ever-increasing pace of life.



Her philosophy stresses we need not abandon our homes, jobs or friends to escape a crazy-making life in the fast lane, but rather we might learn to choose carefully what best reflects who we are and what matters most to us.

Gallery Exhibit

Simplicity: Creating A Vision of Doing More with Less
Show runs: February 11 - March 4
Gallery Opening Reception: Thursday, February 11
6:00 - 9:00pm
Author book signing in the gallery after the lecture.
** Parking will be available in B-2
For more information please call: Tri-C Gallery EAST at:
216.987.2473

Exhibit Statement

In this economic downturn, we have learned to make do with less, to simplify, and to focus more on our values. We have also become increasingly aware of how living in our fast paced, complex world can lead to high levels of stress, anxiety and depression.

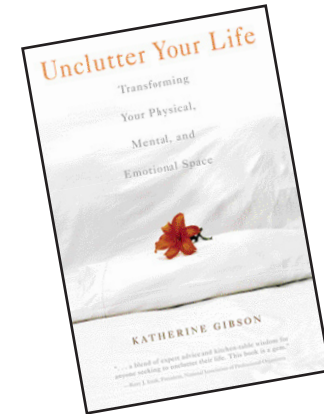
Creative and visual expression can help to relieve stress, provide insight, tranquility and joy. This show celebrates the gifts of creative expression, and will focus on how we have coped, what is most important in our lives, and on creating more with less.

Friday, February 12, 2010
Ursuline College - Workshop 9:00am - 1:00pm
Unclutter Your Life: Transforming Your Physical, Mental and Emotional Space
with Katherine Gibson

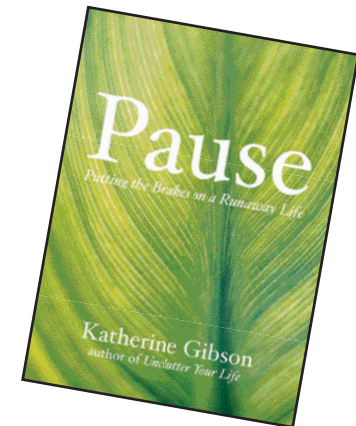
In this workshop, Katherine will help us to examine our hurried culture and offer thoughts on how to manage our challenging times and simplify our lives. Katherine will address not just the physical clutter in our life, but also our mental and emotional chaos. As she says in *Pause*, "What ever our position in society, whatever committments we face or the complexities of our personal challenges, we can create a life that soothes our soul. It's a matter of choice. Running ourselves ragged doesn't have to be in the program."

Thank You to Our Sponsors
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Buckeye Paralyzed Veterans of America
Cuyahoga Comm. College Continuing Education
Cuyahoga Comm. College Creative Arts Dept.
Eugene and Jacky (deceased) Thompson
Ursuline College Ministry Program
Ursuline College School of Graduate Studies
Peg Tipka, MA, PC, ATR
www.counselingcreatively.com



"Your book not only affirms some of my life choices but gives me even more food for thought, especially around emotional clutter and forgiveness. Your resource section alone is priceless. So thank you. I am glad I heard your CBC interview and found my way to your book."
- Reader in British Columbia



Katherine Gibson writes a book that is sorely needed in today's burry-up, pile-it-on culture. She provides wisdom in helping us create space and time for what really matters in life. Many times less is more."
- Brigham Young University

