



Disney

ENCANTO

encanto workshop

a creative expression event for kids

A children's workshop emphasizing how vulnerability is the true reflection of strength! This program focuses on how pressures from the outside world of "needing to be strong" can encourage us to "hide" parts of ourselves for others' comfort. Attendees will be guided through Disney's Encanto-themed art activities & discussion, designed to increase self-awareness & promote authenticity. Facilitators will lead with reflection prompts, introducing ideas around how being vulnerable with ourselves & others is the gift that every person holds. Children will participate in self-discovery through creating their own unique "door" and piece for the group's master door, in celebration of how it's okay to talk about feelings.

objectives:

- Engage in a safe space to explore identity & relate to others
- Learn about the importance & power of vulnerability
- Embrace the authentic self
- Express feelings around external expectations
- Normalizing how everyone's *casita* has vulnerabilities

\$25.00/Ticket
1049 Broadway, Suite 2
West Long Branch, NJ



June 11th

ages 3-6 • 11:00-1:00 pm

ages 7-12 • 2:00-4:00 pm

wholehearted

HEALING COLLECTIVE

To register, visit
wholeheartedhc.eventbrite.com
Or contact our office by calling
(732)852-7750

