



## **Self-Exploration Through Art**

Art has the power to heal. Inside every person is a story waiting to be told. Some of these stories are hard to express because of suppressed or overwhelming emotions. With the desire to help others tell their story, one must first explore their own shadow, their own darkness, to be able to see the light within. Self-Exploration Through Art documents this journey of personal understanding and healing taken by artist Sunshine Brown.

### **Meet The Artist: Sunshine Brown**

**Thursday, January 25th, 2024: 7 - 8 pm.**

Limited Spots Available: Pre-register  
by calling 250-997-5818 or stop by MCAC  
86 Centennial Drive, Mackenzie BC

Sunshine has asked for donations to go to an organization close to her heart. If you would like to join the workshop or enjoyed her art, please donate to Share Tanzania.

<https://www.sharetanzania.co.uk/donate>