

Recovery for Life Program

Cyclical eARTh

Art for, from and returning to Nature

Marika Horacek-Kunkle, MA, LPC, ATR-BC, CCTP
Breakthrough Lead Therapist

An art workshop for Caron alumni providing opportunities for creativity, self-expression, and grounding in an ever-evolving world.

Consider the cycles that surround us – the orbit of the earth, the sunrise, the sunset, the hours of the day, our very breath. . . we are dependent upon these cyclical elements of our lives. Most often these recurring, repeated aspects are relegated to the world of the mundane as they are the unspoken underpinnings of existence, we expect one hour to follow the next without interruption, marching us forward to another day, leading us to the next month, taking us into the next year with measured and, for the most part, expected changes. What happens when facing the challenge of these cycles being interrupted, stalled, altered, uncertain? Each of us can answer that question as we are living during a global pandemic.

This art workshop is designed to provide you with ways to remember and reconnect to those aspects that remain even in uncertainty – our heartbeat, our breath, nature and our ability to create. Please join us in celebrating and gaining strength from the process of making art. No previous experience necessary. We hope that you will connect with us in exploring ways to pay attention to the cycles that remain as well as potentially create new ways to find meaning and structure during uncertainty.



Marika Horacek-Kunkle, MA, LPC, ATR-BC, CCTP is a therapist with Caron's Breakthrough Program. She received her Master of Arts degree with distinction in Creative Arts Therapy from Hofstra University. Prior to coming to Caron, Marika worked in a variety of adult settings providing therapeutic services to individuals in private hospitals and state facilities, in addition to Long Term Structured Residences. Allowing individuals to connect with themselves and others while developing a deeper understanding of the self has always been paramount for Marika. Marika has fulfilled these goals by developing programming that links individuals residing in the community with peers at state facilities, implementing educational programming for the community focused on the benefits

When: Wednesday, August 19, 2020

Time: 7:00 - 8:30 p.m.

Where: Webex - Please contact Keith for log in information

Cost: This is a free virtual event! To register, please send your name and mailing address to Keith at KRogers@caron.org. He will mail you some information and supplies prior to the workshop. Please take some time to gather elements from nature and/or images of nature to utilize for creative exploration during the workshop.

Contact: Keith Rogers at 610-505-7756 or KRogers@Caron.org

