

THE TREE OF SELF

A Two-Part Art Therapy Wellness Activity for Social Workers

Reconnect with your values. Explore your identity. Support your well-being.

WHAT IS THE TREE OF SELF?

The Tree of Self is a two-session art therapy activity designed to help social workers explore their personal and professional identities through the metaphor of a tree.

SESSION DATES & TIMES

PART 1 – English

February 10th | 6:00 PM – 8:00 PM

Register [HERE](#)

PART 2 – English

March 10th | 6:00 PM – 7:00 PM

Register [HERE](#)

IMPORTANT

Participants are encouraged to attend Part 1 before Part 2, as the second session builds on the reflective work completed in the first session.

KEY BENEFITS

- Encourages deep self-reflection
- Supports emotional well-being and burnout prevention
- Strengthens personal–professional balance
- Provides a creative therapeutic tool transferable to client work



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Founder and Director of EROS – Emotions Reactions Options Solutions Inc.