

2023

JANUARY



"Like a tree...my body is me."

Alden K., Age Category: 11-14



Care consultation and assessment: 1-877-825-8584

2023

FEBRUARY



Untitled

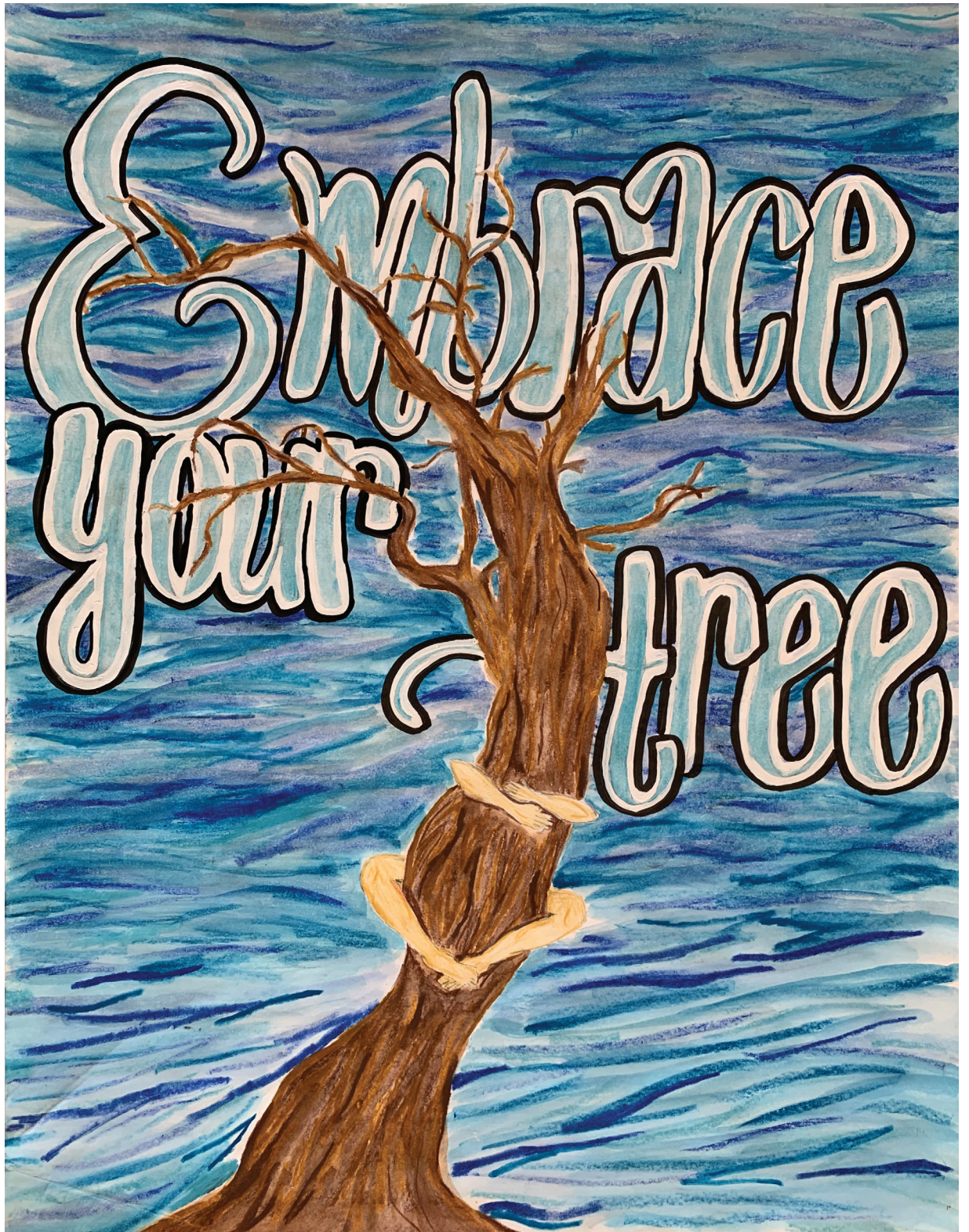
Amanda S., Age Category: 15-18



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2023

MARCH



*"Like a tree...I am strong and able to hold myself and others."*

Rori M., Age Category: 15-18



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APRIL



*"Like a tree...my body is fruitful."*

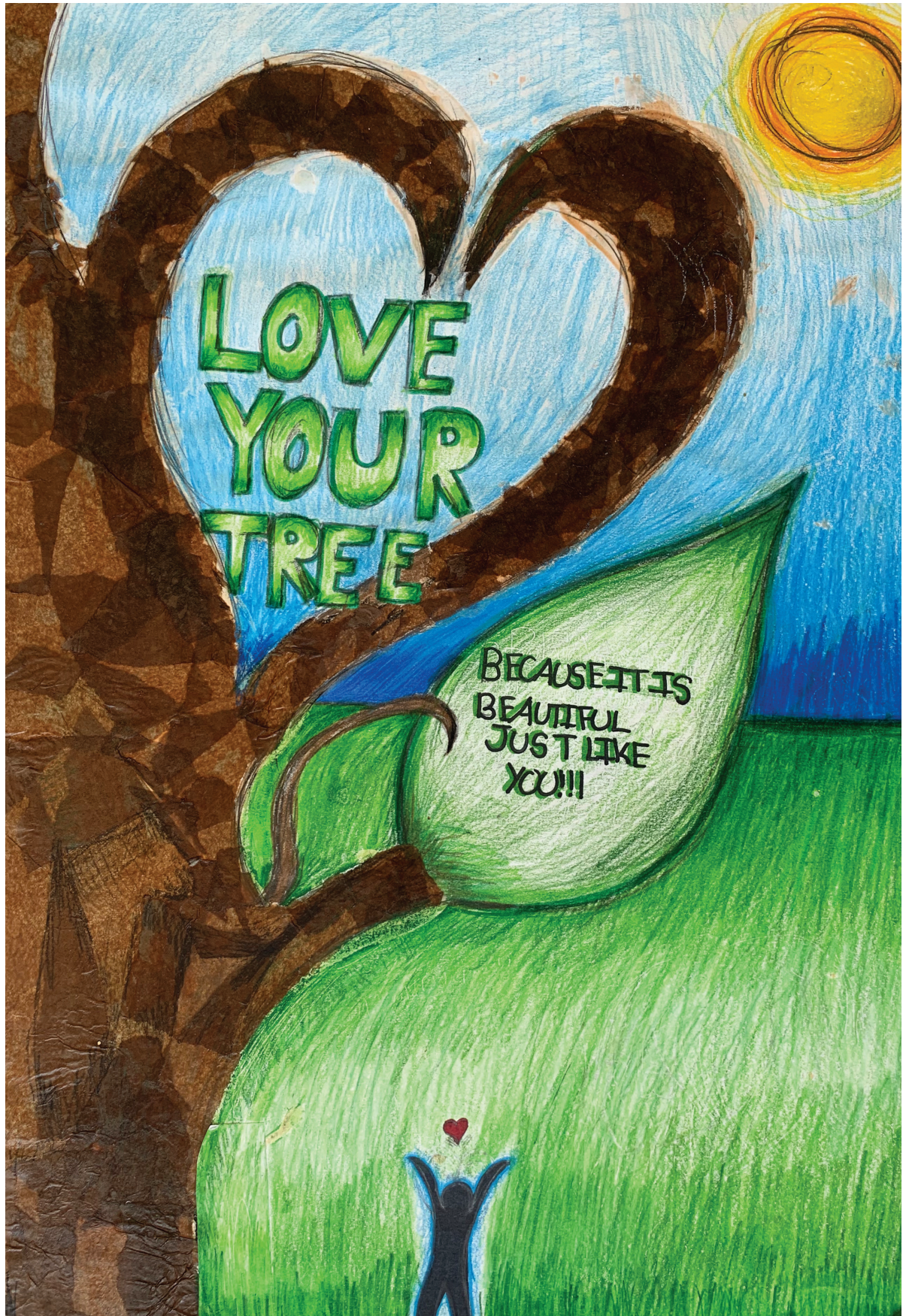
Mikaela C., Age Category: 11-14



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2023

MAY



*"Like a tree...I am strong and different from the root."*

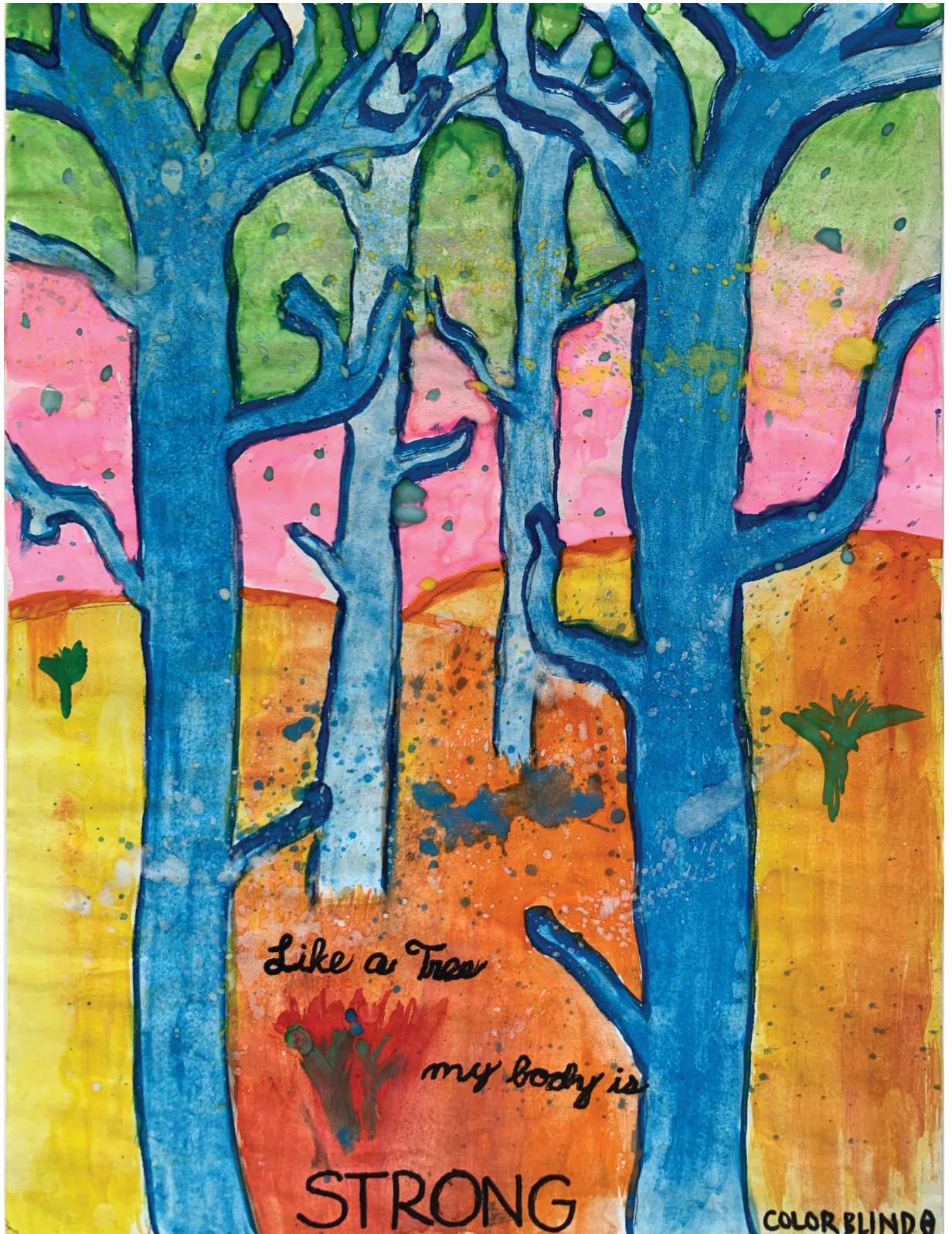
Dasanti S., Age Category: 11-14



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JUNE



"Like a tree...my body is strong."

Lindsay A., Age Category: Unknown



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2023

JULY



*"Like a tree...I am graceful."*

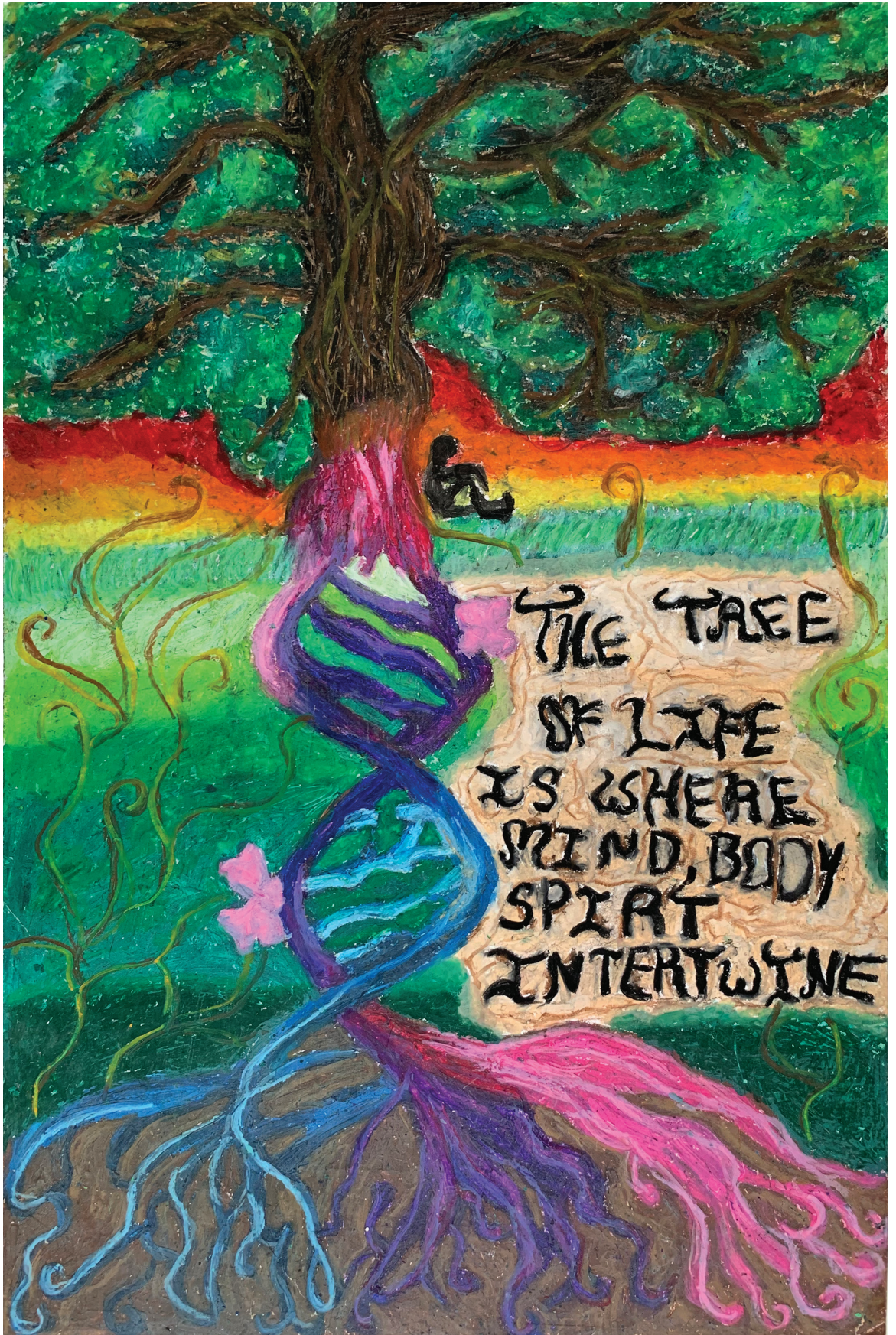
Sasini W., Age Category: 15-18



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2023

AUGUST



*"The tree of life is where mind, body and spirit intertwine."*

Jasmine M., Age Category: 15-18



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2023

SEPTEMBER



*"Like a tree...I am loved for being who I am."*

Elizabeth M., Age Category: 15-18



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2023

OCTOBER



"Beauty"

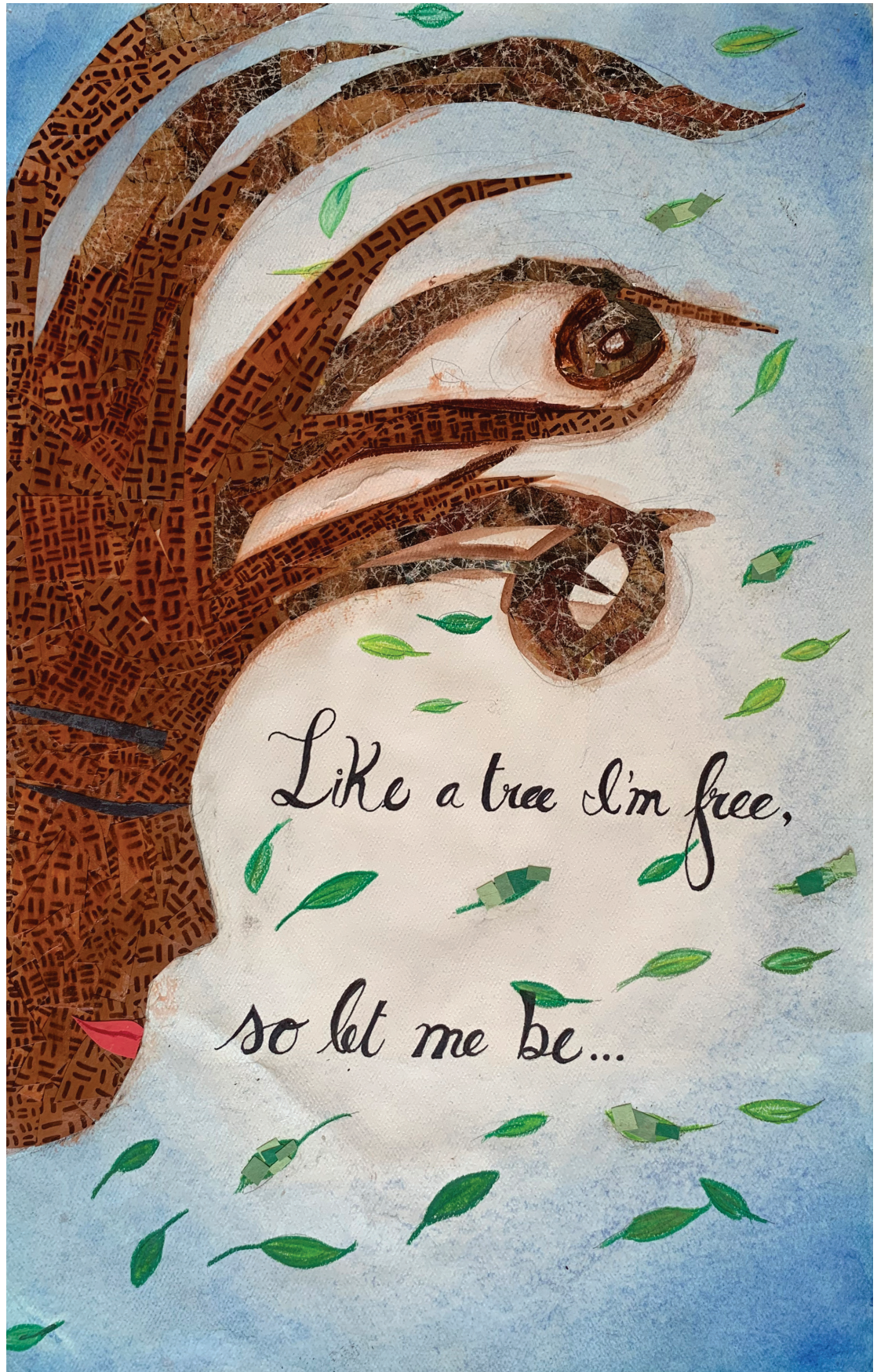
Kailey J., Age Category: 11-14



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2023

NOVEMBER



"Like a tree...I'm free, so let me be."

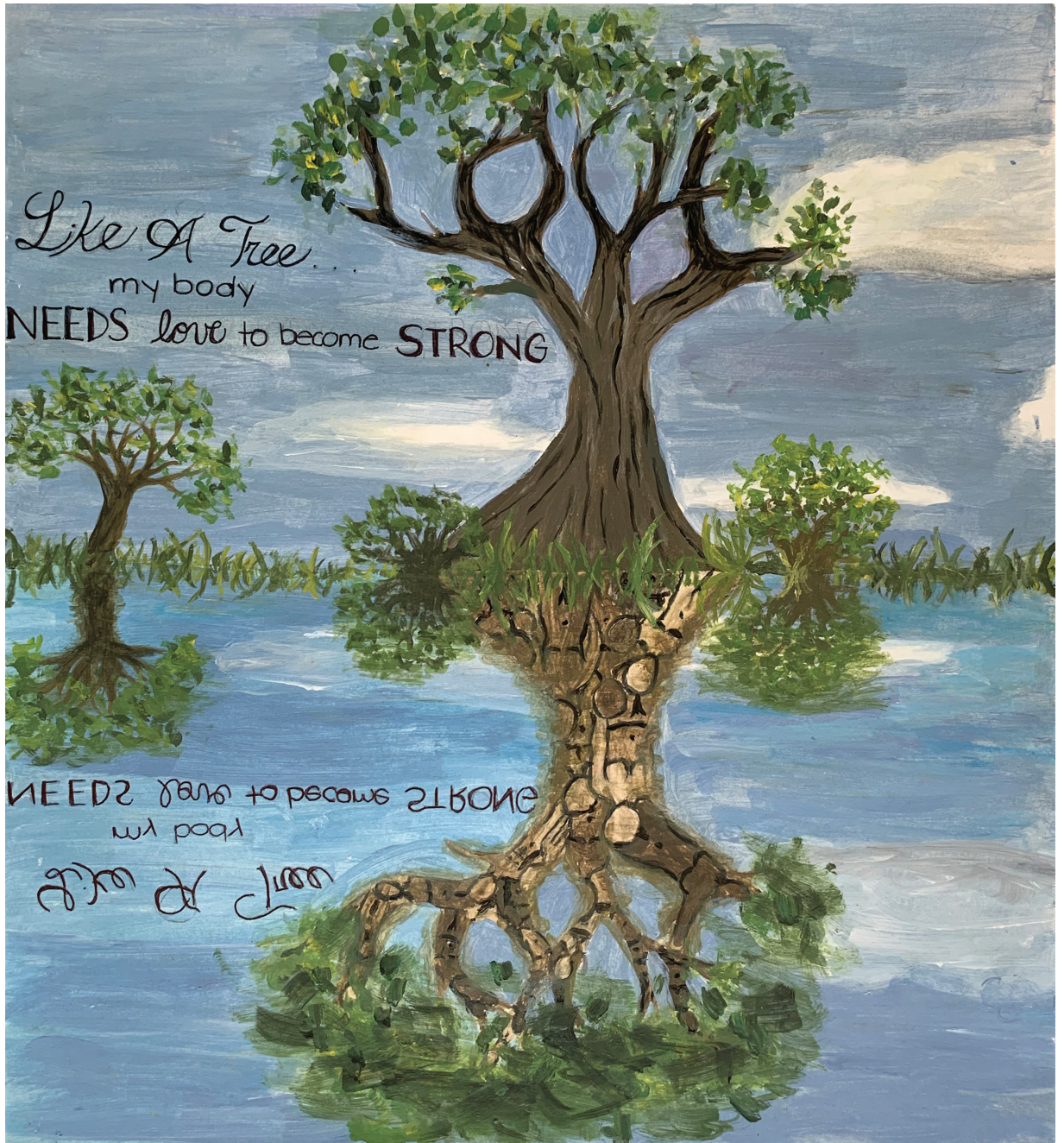
Zoya T., Age Category: 11-14



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2023

DECEMBER



"Like a tree...my body needs love to become strong."

Sarah S., Age Category: 15-18



Care consultation and assessment: 1-877-825-8584

# Love Your Tree

## Cultivating Compassion Through Art

Like trees in a forest, we are strong. We are resilient. We are all unique, and we are interconnected. *Love Your Tree* is a creative arts program that focuses on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection.

Program participants not only express themselves artistically but also explore various creative mediums that reflect the natural and healthy diversity in our world.

### WHO CAN PARTICIPATE?

Anyone and everyone. You can choose to participate as an individual, as a therapist, or you can host an event for your class or organization. *Love Your Tree* is a great way for individuals, families, colleges, clinicians, social organizations and professional groups to get creative together while promoting positive mental well-being.

### GETTING INVOLVED IS EASY.

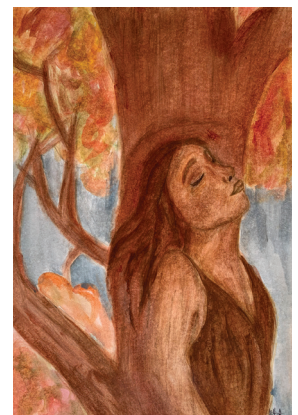
**Step 1:** Download the Program Pack at [LoveYourTree.org](https://LoveYourTree.org).

**Step 2:** Use the information and guided activities to create an original piece of creative art based on one (or all) of the Branches of Hope. Remember, artwork is a broad term that includes ANY application of your creativity and imagination. ***Entries may include art in all its forms including but not limited to paintings, drawings, photographs, songs, poems, collages and more!***

**Step 3:** Submit your entry at [LoveYourTree.org](https://LoveYourTree.org) and your artwork will be added to the national virtual art gallery. Share your finished art on social media and tag us with [@EatingRecovery](https://twitter.com/EatingRecovery) [@PathlightBH](https://twitter.com/PathlightBH) [#LoveYourTree](https://twitter.com/LoveYourTree)

Or, contact us regarding how to lead a *Love Your Tree* workshop for your patients, students or community members.

To find out more, email us at [LoveYourTree@ERCPATHLIGHT.COM](mailto:LoveYourTree@ERCPATHLIGHT.COM) or visit us at [LoveYourTree.org](https://LoveYourTree.org).



To download the 2023 Calendar and Artwork, scan the QR code.



[EatingRecovery.com](https://EatingRecovery.com) | [PathlightBH.com](https://PathlightBH.com)