

About the Facilitators:



Karen Godfrey, MSW, CSW -- an artist and certified social worker, uses art as a vehicle for change and personal growth. “ I hope to inspire others to follow their own passions and reawaken the wild nature that resides in all of us.”

Karen's artwork focuses on healing and helping people realize their fullest potential. She has her artwork in private collections in Canada, Chicago, Iowa, Michigan, and New York City.

Linda Griggs, MA -- an artist, writer, and 10+ year breast cancer survivor who is recovering her soul's personal power by making healing shrines about her cancer journey.

Her Breast Cancer Survivor Kit includes her book, “Scenes from a Hero Quest” (creative nonfiction about the first five years of her breast cancer journey), as well as photos of her healing shrines, and instructions and materials from three Soul Connection Workshops.