

17:02:10 From Sarah St. Onge:
Here in the Hudson Valley, NY

17:02:14 From Deborah Jones:
Hello from Rhode Island !

17:02:15 From marsha:
Hi Marsha from Florida

17:02:16 From Beverly Shoenberger:
Beverly, from Santa Monica, CA, USA

17:02:25 From Chris Nunan:
Checking in from Denmark, it's 11 PM here

17:02:26 From Ryan Harbert:
Ryan - San Miguel de Allende, Mexico

17:02:28 From Kathleen McGuire-Bouwman:
Kathy McGuire, Eugene, OR

17:02:28 From leona:
Leona from Boston MA

17:02:29 From Lynn pollock:
Hello! I am Lynn from outside of BostonL. looking forward to
being with everyone.

17:02:30 From Cynthia Hart:
Good Morning from Hawaii

17:02:33 From JANET:
Oakland CA

17:02:36 From Susan Kent:
Hello from Vancouver Canada

17:02:37 From herbschr:
Greetings from Vermont, USA

17:02:39 From Anne Albright:
Hi! Anne from Bethesda, MD

17:02:42 From barbs:
Hi Barbs from U.K. :)

17:02:43 From Marki Webber (she/her):
Here from Southern Vermont in the US.

17:02:57 From Sarah Borda:
Sarah Borda Chester NJ LMT, NCTMB

17:02:57 From Adrian Vecchio:
Greetings from Toronto !

17:03:04 From Galaxy Tab S7:
Kamloops B.C.

17:03:06 From Cathy Dorland:
Hi fr Winnipeg Canada

17:03:23 From Justine OB:
Hi everyone, I'm in Sydney, Australia - its very early Sunday
morning over here!

17:03:34 From Beverly Shoenberger:
Bev, from Santa Monica, CA, US

17:03:34 From Sarah St. Onge:
Hi everyone, here in the Hudson Valley, NY

17:03:38 From Sylvie Braverman:

Hi Everyone, Sylvie from Melbourne Australia

17:04:03 From Julie Carter:
HI from Julie in Norway

17:04:03 From Rebecca Olmsted:
Hello from Northern California.

17:04:09 From Cynthia Hart:
wow

17:04:16 From Carolyn Eisen:
Greetings from Pennsylvania

17:04:30 From Nancy Lapp:
Hello from Kentucky, U.S.

17:04:41 From Evelyn Ammon:
Hi, I'm Evelyn from Guatemala

17:04:49 From Izzy (Florida, USA):
Hello from St Pete, FL. <3

17:05:15 From Chris Nunan:
Chris from Denmark – 11 PM here !

17:06:34 From Chris Nunan:
I also worked with ADHD for years!

17:06:42 From Melissa Chiew:
Can we have Jenna's website link?

17:07:10 From Adrian Vecchio:
<https://www.wellbeingpartnership.ca/>

17:25:42 From Melanie She/Her:
Hi everyone, so this process Jenna is guiding is a guided experiential process called "Clearing the Space". She is guiding and demonstrating her process at the same time.

17:38:17 From B Creative:
14

17:38:19 From Deborah Jones:
young

17:38:23 From Ian Croll he/him:
14

17:38:26 From Susan Kent:
Still drawing

17:38:27 From Noah Kirsh he/him:
around 13

17:38:31 From Katie She/Her:
I draw and I have never stopped.

17:38:33 From Ryan Harbert:
7

17:38:34 From JANET:
I used to draw but stopped around 17 or so

17:38:35 From marsha:
17 stopped

17:38:35 From Julie Brann:
6-8 years old I stopped

17:38:36 From Sarah Borda:
I do not draw

17:38:37 From Darryl Commings:

around 10
17:38:39 From Julie Carter:
stopped around 10
17:38:40 From Jeffrey Kinnamon (he/him):
Middle school
17:38:41 From Maya Christine Banas:
10
17:38:43 From Chris Nunan:
I dragged in childhood and kept going
17:38:43 From Lynn pollock:
I don't remember drawing as a child, but I'm sure I tried.
Didn't feel good at it
17:38:43 From Marki Webber (she/her):
Jr High school
17:38:44 From Fraser Watt he/him:
I am still a child and still draw
17:38:45 From Sylvie Braverman:
Currently starting to draw again
17:38:45 From leona:
Started st 5 years old never stopped doing it now
17:38:46 From Nancy Freehafer:
about 15
17:38:47 From Jeannette Chalmers:
Stopped around 9 or 10
17:38:50 From Chyonne Kreltszheim:
Stopped in high school, came back to it in the last 5-10 years
17:38:51 From Nancy M:
I never drew
17:38:52 From herbschr:
Probably stopped sometime around 10 or 12
17:38:52 From Connie D:
Still drawing
17:38:53 From Rebecca Olmsted:
Never felt like I could draw -even though artists in the
family.
17:38:55 From Adrian Vecchio:
around 13-14
17:38:55 From Cathy Dorland:
Last took a drawing course in my 20's - not drawing since then
17:38:55 From Griselda:
Around 12
17:38:56 From Diana, New York City:
15
17:39:00 From Gabriela R:
Allways Drawing
17:39:06 From Karen Coulombe:
still drawing
17:39:09 From Suzanne Tague:
21
17:39:14 From Adrian Vecchio:

around 13-14

17:39:16 From Ale Din:
6-7

17:39:19 From Elizabeth Bram:
still drawing

17:39:31 From Nancy Lapp:
Never quit but slowed down from 12-65.

17:39:35 From Galaxy Tab S7:
, but doing Art in School, then I knew it was always within
me, and wanted to, but raising a family , work I put it aside.

17:39:38 From Julie Carter:
I read that book years ago and found it was helpful but
drawing was never easy for me.

17:39:54 From Galaxy Tab S7:
I love that book too!

17:44:05 From Ian Croll he/him:
My inner critic has no voice in R-Mode

17:47:40 From Ian Croll he/him:
Math can definitely be handled by the right brain. In my
opinion.

18:10:04 From Melanie She/Her:
Chat is open if you'd like to share with the group here.

18:10:38 From Sarah Borda:
I have happy. Memory of being in 1st grade

18:10:58 From Jeffrey Kinnamon (he/him):
Flourescent lights and anxiety.

18:11:02 From Nancy M:
Didn't dare draw because it or I had to be perfect

18:11:51 From Sylvie Braverman:
I have a bit of a sadness for not remembering much of my
childhood, but having a sense of happiness.

18:12:49 From Chris Nunan:
a bit of tension - neck area - enlightening

18:27:05 From Adrian Vecchio:
can you please repeat instructions

18:44:03 From Kathleen McGuire-Bouwman:
Left brain: giraffe...really long neck...head centered.
Overview. Right-Brain: hedgehog mother. Feeling like prey. Protecting
self and babies. Has quills

18:58:47 From Melanie She/Her: Jenna's email and website:
jennawillgetthis@gmail.com
<https://www.wellbeingpartnership.ca/>

18:59:19 From Jeffrey Kinnamon (he/him):
Promo Code: Focusing and Drawing

18:59:52 From Sarah St. Onge:
A lovely way to end the week - thank you!!

19:00:02 From Katie She/Her:
Thank you for connecting us.

19:00:02 From Kathleen McGuire-Bouwman:
Great idea to have a panel. Lots of interesting prompts.

19:00:03 From Izzy (Florida, USA):
Thank you! Incredible and much needed for me.

19:00:06 From Sylvie Braverman:
Thank you all, I found out that I am more creative than I
thought :)

19:00:06 From Ian Croll he/him:
Thank you!!! You are brave:)

19:00:08 From Sarah Borda:
Thank you sooo much!

19:00:16 From Chris Nunan:
Thank You

19:00:19 From sammy wang:
thank you, enjoyable

19:00:20 From Candace Sweet:
Thank you!!!

19:00:22 From Carolyn Eisen:
Thank you, Jenna and the brave panelists!

19:00:26 From Maya Christine Banas:
Thank you.

19:00:28 From Galaxy Tab S7:
Thank you very much, it brought up some deeper feelings...
interesting...

19:00:30 From Julie Carter:
Thank you Jenna! I feel a sense of flow. Great.

19:00:35 From Susan Kent:
Thank you Jenna! I've learned some great stuff today! Feeling
inspired

19:00:45 From Melissa Chiew:
Thank you everyone!

19:00:47 From Cathy Dorland:
Thank you. Good experience with some surprises

19:00:47 From herbschr:
I have to run to another meeting. Thank you Jenna and panel!

19:00:50 From Karen Coulombe:
Thank you Jenna, for enabling me to sew new growth

19:00:52 From leona:
Thank you it was a great break to allow my self to draw.

19:00:54 From Sarah Borda:
Great advice!