



In early March it became dark by the time fire fighters arrived in Diligent River responding to a call received at 6:18 pm on March 11th.
(Lawrence R Nicoll Photo)



River Herbert Fire Department responded to a cottage fire in Diligent River on March 11th.
(Lawrence R Nicoll Photo)



Collapsible water tanks are an important tool for fires in rural areas as shown by its use at cottage fire in Diligent River.
(Lawrence R Nicoll Photo)

March 11TH Fire Destroys Cottage

By Lawrence R. Nicoll

The call came in at 6:13 pm on March 11th concerning a fire at 224 Cottage Rd, Diligent River. Parrsboro Fire Chief, Andrew Smith said the small cottage on the beach was well involved on arrival with flames coming up the bank. Surprisingly a trailer nearby survived.

Multiple departments including Port Greville, as well as Parrsboro and River Hebert attended.

Poetry Month is Around the Corner

Oxford's virtual poetry festival will be available through April at: <https://www.facebook.com/PoetryAtLargeOxford>. Organizers have received a great response, which invited local residents to "awaken their springtime poet". Participants will have the op-

portunity to win a Wild Blueberry Poetry Month Basket. Details will be posted soon on their Facebook page.

In other news, Oxford Poetry At Large will soon have its own email address: oxfordpoetryfestival@gmail.com

Art Therapy Program

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cilitating self-exploration and understanding. Using imagery, colour and shape as part of this creative therapeutic process, thoughts and feelings can be expressed that would otherwise be difficult to articulate.

Art therapists use the process of self-expression and the resulting artwork to help people understand their emotional conflicts, develop social skills, improve self-esteem, manage addictions, reduce anxiety, and restore normal function to their lives. Techniques used can include drawing, painting, colouring, sculpting or collage. As clients create art, they may analyze what they've made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions and behaviours.

People do not need artistic ability or special talent to participate in art therapy and all ages, including children, teens and adults,

can benefit from it. Some research suggests that just the presence of art can play a part in boosting mental health.

"It fosters resiliency and allows us to become introspective and constructive during times of stress and crisis. By utilizing creative processes with the facilitation of an art therapist, it can help bring balance to our mental health. I mean, all aspects of our mental health can be positively affected, including our mood, outlook and experience," said Li.

Dunville completed her bachelor's degree in psychology and English at Mount Saint Vincent University in 2004. She completed a BFA in Jewellery Design and Metalsmithing from NSCAD University in 2010 before earning certification as an Art Therapist from the Kutenai Art Therapy Institute in 2016.

"I believe in creating a sustainable and accessible environment for creativity and wellness to flourish," she said. "I often intertwine the written word with



Art therapy instructor, Evie Dunville. (Submitted)

art, creating a body of work wherein the form is either emphasized or accentuated by prose and inspired by nature. This intentional approach permeates my sessions, meeting each new individual with respect, faith and acceptance."

For more information and to register, contact Jocelyn Li at 902-728-2007 or at director@parrsborocreative.com
Bruce Lantz is Director, Marketing and Communications. He can be reached at 902-728-2007, or Cell 250-264-888, E-mail: info@parrsborocreative.com



6 McFarlane St., PO Box 250
Springhill, NS B0M 1X0

1-902-597-4039
Toll Free 1-833-597-8679
Fax: 1-902-597-3310

toryrushtonmla@bellaliant.com



OFFICE HOURS:
Springhill: Monday-Friday 9 - 4
Parrsboro: Thursdays
River Hebert: Tuesdays
Please call to set up an appointment.

TORY RUSHTON, MLA
Cumberland South

NOVA SCOTIA



Learn more about Nova Scotia's vaccine plan at
NovaScotia.ca/VaccinePlan

Be part of hugs with the grandkids again.

Be part of our way forward. #VaccinateNS