

# LOVE YOUR TREE

*Cultivating Compassion Through Art*



## PERMISSION SLIP

Dear Parent or Legal Guardian:

Your child is invited to participate in a *Love Your Tree* Art Workshop at their school. This is an activity that will take place in the classroom and is supported by Eating Recovery Center and Pathlight Mood & Anxiety Center. The activity will take place under the guidance of school staff.

*Love your Tree is an arts-based program for students of all ages focused on cultivating self-compassion, body acceptance and positive mental well-being through creativity, community connection and self-reflection. Through the workshop questions and conversations about body image, media literacy, mental well-being and self-compassion may occur. The workshop will produce a piece of artwork that is requested to be submitted to an online gallery with a separate consent form.*

If you would like to allow your child to participate in this workshop, please complete, sign and return the following permission slip to your child's teacher before the workshop.

If you have any questions, please reach out to your school professional or contact ERC Pathlight directly at [LoveYourTree@ERCPathlight.com](mailto:LoveYourTree@ERCPathlight.com).

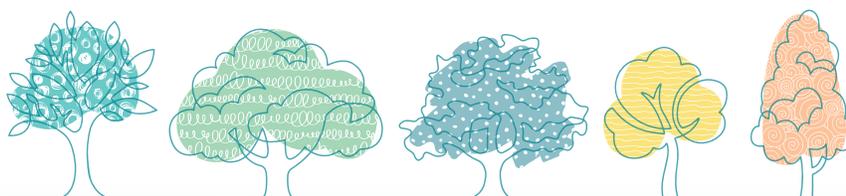
My child has my permission to participate in the workshop mentioned above. I understand that this workshop will take place on school grounds under the direction of school professionals with the support of ERC Pathlight staff. As parent or legal guardian, I remain fully aware of the information being shared in the workshop and liable for any legal responsibility that may result from the personal actions of my child.

Parent's Printed Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Date: \_\_\_\_\_



**STAY CONNECTED: We want to hear from you and see how you're getting involved!**

To learn more, visit [LoveYourTree.org](http://LoveYourTree.org)  
Email us at [LoveYourTree@ERCPathlight.com](mailto:LoveYourTree@ERCPathlight.com)

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