

Art Therapy

Taught by Becky Cox



Courageous Creativity

\$10
Fee

To encourage Health and Wellness and connect the mind and body feelings

- ♡Feeling Overwhelmed
- ♡Burned out

- Every Thursday 6-7:30 PM
- Material Fee additional \$5

Creating, Connecting, Acceptance, Motivation through *Art Expression*

Art of Healing

Self-Care to awaken your creative feelings and expression

- ♡Loss & Healing
- ♡Recovering from Loss
- ♡Healing Recovery
- ♡Loss-Grief

- Every Wednesday 12-1:30 PM

Bring a Brown Bag Lunch

- Material Fee additional \$2



Recharge! Renew! Refresh!

♡Self-Care

- Every Tuesday 6-7:30 PM
- Material Fee additional \$5