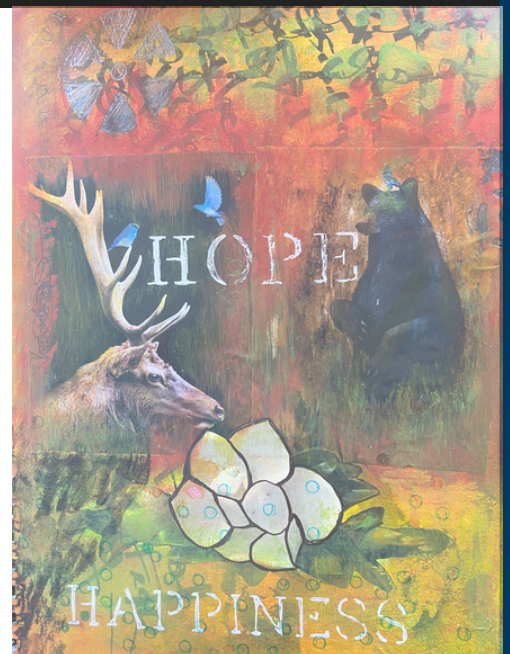




Experience the power of community in an art class designed for healing, FUN, alleviating stress, and decompressing! Explore your creativity while making connections and drawing insight from within. All experience levels are welcome. The focus is on PROCESS, rather than the end result. Please bring your own sketchbook or journal. Journals are available for \$15 at the Art Base, Call the Art Base or register online.



Visual Journaling
Instructor: Sheri Gaynor, LCSW,
Registered Expressive Arts Therapist
Second Saturday of the month
July 9, Aug 13, Sept 10, Oct 8, Nov 12
9:30-11:30AM

FREE, in-person, All levels welcome, supplies included
Register at <https://tinyurl.com/4np5rybe>

