

Creative Wellness Opportunities

~ Most workshops and groups are formed and facilitated BY peers, FOR peers ~

A Face a Week *MONTHLY** A self-directed challenge to practice creating images of faces in a variety of mediums. Share encouragement and show results in monthly gathering workshop. (Main Space)

ALCOHOL INK FOR THE SEASON *NEW!!!** Learn the Alcohol Ink process and create ornaments, light switch plates, or cards using various techniques. ***Registration Required** (Studio)

ALTERED CD CARD MAKING *NEW!!!** We will be turning CD's and CD cases into unique cards and gifts for ourselves or others. (Studio)

ART CHALLENGE: BREAKING DOWN WALLS AND BUILDING BRIDGES: Display and describe your piece from this art challenge. Each person may enter one 2D or 3D piece, no larger than 8 1/2 x 11 inches. (Main Space)

A Positive Twist: Activities, discussions, reading, and art...all fitting together to give us a nice boost in our lives! Come join the fun! (Room F)

Acrylic Painting: Use acrylic paints and various tools to create textures and layers on canvas. (Studio)

Abstract Watercolor: Use watercolor collage and other techniques, splatter, wet-in-wet layering and lifting paint, & blotting to create abstract paintings. (Studio)

Alcohol Ink: A fun and vibrant use of colors which can be created on a variety of surfaces. We will experiment with various techniques and styles. ***Registration Required** (Studio)

Art Exposed: View tutorials from contemporary artists to learn new techniques to incorporate into your work. (Studio)

Art Journaling: Use mixed media techniques to create artful books. (Room C)

Collage & Transfers: Creating collages with mixed media. Learn to transfer images to paper to include in collage work. (Studio)

Collage and/or Watercolor: Experiment with watercolor materials and techniques and/or create a collage with a variety of mixed materials. (Studio)

Color Me Calm: As a group we will seek to reduce our anxiety and relax our minds by coloring and listening to music. When we color we focus our minds on the peacefulness of the present moment. (Room C)

Creative Movement: Open movement to a variety of music chosen by the group. We will stretch, dance, and move to the lively sounds and beats that inspire us to play with imaginative movement. (Main Space)

Crochet & Knitting: Basic crochet and knitting stitches & projects. (Room D)

Eating Disorders MSG: A mutual support group for those in recovery and facing challenges with eating disorders. We share milestones of recovery and discuss challenges. Format is modeled closely after Eating Disorders Anonymous. (Library)

Emotions Anonymous: The program was adapted from AA to meet the needs of emotional issues. The group supports achieving and maintaining a balance of emotional health. EA supports personal spiritual growth and sends the message you are not alone. (Room A/B)

FELTED SCARVES *NEW!!!** We will dye silk scarves and needle felt wool on top to make a beautiful piece of wearable art. Participants should plan on attending at least three out of four workshops. First scarf is free. Second scarf is \$5 at time of workshop. ***Registration Required** (Studio)

Four Agreements Mutual Support Group: A weekly support and educational group based on "The Four Agreements" by Miguel Ruiz. (Library)

Free Writing: Participants will have the opportunity to engage in mindful writing practice as a group. At the center of each session is a timed "free writing" exercise, typically focused on various cues just before writing begins. In addition, we will examine texts on free writing, and—at the option of each writer—review and discuss each other's work. (Room F)

Gentle Yoga: Yoga in an easy, simple form. Geared as a gentle exercise for your mental and physical health. Connect with your inner peace. "We are all one when we live from the heart." Namaste. (Main Space)

GIFT JOURNALS *NEW!!!** Make a hard cover journal for yourself or to give as a gift. ***Registration Required** (Studio)

Guitar 101: This workshop is for beginners who want to have an opportunity to experience playing guitar. If you have never picked up a guitar in your life or wished you had, you are more than welcome to attend. (Room D)

Hoarders & Clutterers Mutual Support Group: This group offers peer-to-peer support for those wishing to change their habits. (Room C)

Iaido: Introduction to Iaido, a meditative using a wooden sword in tandem with breathing and meditation. (Main Space)

Intermediate Guitar: Instruction for intermediate guitarists that have the ability to read music (recommended). (Room D)

Mandalas: Learn the meditative process of creating mandalas. Creating within a sacred circle can be a process that leads you to become centered and mindful. (Room C)

MAPS Group (Monroe Association of Peer Specialists): A local organization dedicated to the education of mental health recovery, networking and providing professional support to those who volunteer or work in peer positions throughout our community. (Room C)

Mask Making: Create a mask out of paper mache, paint, feathers, beads and ephemera. (Studio)

Mindfulness: Guided Meditations and Mindfulness exercises to practice ways to be more present and more accepting in your daily life. (First week Room C, Then: Library)

Mutual Support Group: A safe place for individuals to share thought and feelings in a judgment-free environment. Offered several times a week. (Room D)

PAINTING WITH PAPER *NEW!!!** Use collage techniques with colored paper to create a picture or "painting." (Studio)

Philosophical Musings: Wonderful variety of deep discussions about pertinent issues of importance to workshop attendees. (Room D)

Play Forward/Give Back: Craft a variety of items to donate to adults and children in the community (i.e. shelters, nursing homes, hospitals). (Studio)

Printmaking: Cut and engrave linoleum and/or Styrofoam plates to use when printing images on a variety of materials. (Studio)

Sculpey Clay: Design and create small objects using Sculpey Clay. (Studio)

Learning versus Helping:

"We see both of us as having something important to contribute. We spend time learning about each other and avoid defaulting to problem-solving."

We examine our assumptions and the ways we've learned to make meaning. Ideally, we construct a shared meaning together."

- Shery Mead, MSW