

Creative Wellness Opportunities

Workshops and mutual support groups are formed and facilitated by peers in recovery and are designed to be shared with individuals focused on their mental health journeys

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

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

Alcohol Ink I: 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)

Alcohol Ink II: Intended for those who have already been through Alcohol Ink and know the basics and will employ a variety of additional techniques through demonstration in a mindful environment. ***Registration Required** (Studio)

Art Exposed: View and discuss 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)

Collaborative Gifts 4 Kids: Create a variety of items to donate to children in our community at area hospitals and childcare facilities. (Studio)

Collage & Transfers: Create 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 quietly coloring and listening to music. While 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. (Room D)

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

Eating Disorders Anonymous 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 D)

Fairy Houses: Making use of natural and found up-cycled materials to build your own fairy houses. (Studio)

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)

Guitar and Vocals: We will learn how to play music together while we sing as an added option. (Room D)

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 MSG: This group offers peer-to-peer support for those wishing to change their habits. First and Third Thurs. (Room A/B)

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

Intro to "The Arts" (Collage, Acrylics, Watercolor, & Pastels): a variety of Thursday workshops that will provide the opportunity to explore each specific art medium. (Studio)

Letting Go: A safe group to journey together in the healing process of grieving the losses in our lives. Different material is covered at each session. (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)

Mindfulness: Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (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)

Oil Pastel Abstractions: Work with different techniques, especially scraffeto, blending and sealing with mediums. A workshop in exploration of the abstract. (Studio)

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

Photo Composition: A workshop that will explore how to tune your photographic "eye" in the art of composing images of interest. ***Registration Required** (Room C)

Rubbings on Paper: Learn how to incorporate rubbings done on paper into various artwork. Experiment with various textures and colors. (Studio)

Steampunk Jewelry: making use of old watch parts, small gears and vintage metals to make jewelry. ***Registration Required** (Studio)

Print w/ Styrofoam: Using Styrofoam forms to create stylized pieces through specific techniques and a mix of materials. ***Registration Required** (Studio)

UnMasked: Exploring different techniques of mask making using a variety of materials. (Studio)

Welcoming Reception: A meet and greet of the new peer support team members! (Main Space)

**"Grief is in two parts. The first is loss.
The second is the remaking of life."**

- Anne Roiphe

Grief is often something we hide away from others and ourselves. Having the courage to face it has many rewards and freedoms. Processing our grief can help us honor the loss and grow in our lives. Facing grief with others can make the process much easier. This group will include learning about grieving, sharing our stories, and activities to help us process. Each session will take a different approach to this experience.

**Come join us for Letting Go
Tuesday, Aug. 7th & 21st
@ 10am-11am**

"Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally..." - Rumi