

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)

Abstract Art (Acrylics): Introducing famous abstract artists ranging from the Germany Expressions to 1950's New York City school of abstract artists while utilizing acrylic paints to learn common elements and visual language. (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 Challenge Review for "Fall Back": Artist's gather to discuss their interpretation of the September Challenge theme which broadly entails the changing of the seasons, weather, mood, colors, and senses. (Main Space)

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

Art Facilitators Meeting: A gathering of current art facilitators for round table discussion. (Room C)

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

Batik Made Easy: Exploring the ancient art of Batik painting. No prior art experience necessary. Opportunities for fun provided. Registration/commitment to both workshops is required to complete the project. *Registration Required (Studio)

Block Printing: Exploring different methods of making prints, including materials such as Styrofoam, stamps, linoleum, and other found materials. *Registration Required (Studio)

Collaborative Gifts: Creating a variety of items for donation presented to different community outlets (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)

Finishing Touches: An artist series of workshops that will introduce and explore the technical skills and creativity necessary for giving your artwork a refined and elevated finish. This workshop may include outings in the community. (Main Space/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)

Gourd Faces: Exploring different techniques of painting faces on gourds for the upcoming holiday season. (Studio)

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" (Drawing, 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. (Library)

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)

Meditation: We will explore and practice different meditation styles and discuss the benefits of meditation. (Library)

Mindfulness: Guided Meditations and Mindfulness exercises. Practice ways to be more present and more accepting. (First week: Room F, Then: Library)

Mixed Media Rubbings: Incorporating rubbings done on mixed mediums into various artwork. Experiment with various textures and colors. (Studio)

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)

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

Sgraffito: Using this very old master's technique, called sgraffito, we will create abstract painting images. Sgraffito is made by scratching through a surface to reveal a lower layer of a contrasting color. The word means "to scratch." (Studio)

Smartphone Photography: A workshop that will explore how to utilize your smartphone camera to capture and compose images of interest. You will also explore the rudimentary elements of editing your digital images using the application default to your smart device. *Registration Required (Room C)

Steam Punk Jewelry: Making use of old jewelry and watch parts, small gears, and vintage metals to make refashioned jewelry. (Studio)

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

Want to give your work that edge?
Getting ready to display your work in
a show?

Join us for...

FINISHING TOUCHES

Saturday September 15th & 29th
Noon - 1PM

Learn different techniques and skills that will help you showcase your work in the best light possible. Also learn the basics and how to's that can bring you even more joy in the creation process!