



ART of BEING

Wellness Through Creativity

A 10-week series of creative sessions that will inspire you!

June 6 - August 15, 2022

Mondays 2:00 - 5:00 p.m.

Using art, poetry, dance, music, journaling and more, we will explore our creativity to become more mindful and present in our lives.

New topics will be introduced and explored each week in a safe, nurturing environment

If you are a woman struggling with stress, depression, anxiety, or would like to gain more insight into your life and develop more compassion for yourself and others, this **FREE** expressive therapy intensive group is for you.

No art experience is necessary!

Wellspring Women's Center

3414 4th Avenue

Sacramento, CA 95817

www.wellspringwomen.org

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SACRAMENTO

SACRAMENTO 365
The Year-Round Source for Events

Pre-registration is required, and is open now.

To enroll or learn more about the group, please contact:

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