

HARMONY FOUNDATION AND COLORADO ARTISTS IN RECOVERY

GUIDED THERAPEUTIC ART WORKSHOP

**EVERY 3RD
SATURDAY OF
THE MONTH**

*MARCH 16, 2024
12:30 PM – 2 PM*

**FREE FOR
EVERYONE!**

LOCATION:

*Harmony Foundation
Fort Collins Recovery Center
109 Cameron Dr.
Fort Collins, CO 80525*



Participating in a therapeutic guided art class offers individuals a creative and non-verbal outlet for expressing emotions, reducing stress, and fostering self-discovery. The structured guidance provided in such classes not only promotes artistic skill development but also serves as a means of promoting mental well-being, encouraging self-reflection, and building a supportive community within the class.



GUIDED BY:

Jill Popp, LPC, ADS, ATR



**THIS MONTH'S DESIGN:
Mindful Magazine Bowls**



**GET REGISTERED
HERE!**

