

HARMONY FOUNDATION AND COLORADO ARTISTS IN RECOVERY

# GUIDED ART WORKSHOP

**EVERY 3RD  
SATURDAY OF  
THE MONTH**

*12:30 PM - 2 PM*

**FREE FOR  
EVERYONE!**

**LOCATION:**

*Beet Education Center  
201 East 5th Street,  
Loveland, CO*



Participating in a 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

**GET REGISTERED  
HERE!**



**QUESTIONS?**

Contact Megan Hauschulz

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