

Expressive Arts Workshop

This workshop will stimulate your imagination and channel your inner creativity through a combination of drawing/painting, writing/poetry, dance/movement, music, drama/theatre and art-looking activities.



QUÁNA MADISON

Quána Madison is an artist, mindfulness teacher, healing arts workshop facilitator and self-leadership coach.

Online Via Zoom



6 week class on Thursdays
starting September 15 , 2022
6:30 PM - 7:30 PM



Scan this code to register!

All our Workshops are Free
to those in Recovery.