

HARMONY FOUNDATION AND COLORADO ARTISTS IN RECOVERY

# GUIDED THERAPEUTIC ART WORKSHOP

**EVERY 3RD  
SATURDAY OF  
THE MONTH**

*April 20th, 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:  
Vinyl Record Dot Mandalas**



**GET REGISTERED  
HERE!**

