# GUIDED THERAPEUTIC ART WORKSHOP

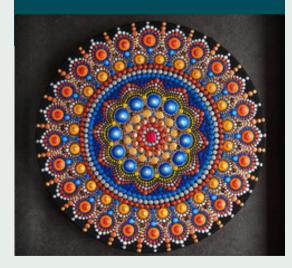
#### EVERY 3RD SATURDAY OF THE MONTH

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 selfreflection, and building a supportive community within the class.



GUIDED BY: Jill Popp, LPC, ADS, ATR

### **THIS MONTH'S DESIGN:** Vinyl Record Dot Mandalas

