



PRESENTS
IN PERSON & VIRTUAL

The Art of Recovery

FREE Workshop
Third Saturday
Monthly 6pm-7pm

In person at Metro, Sterling and Montrose AFRC locations

[Click here or Copy](#)

Zoom: <https://us06web.zoom.us/j/85080299043>

Let's create a community space together where vulnerability, recovery and meaningful connection is celebrated! We will practice some mindfulness, positive self-talk and self-reflection while creating and having fun. This is all about the process and connection - and nothing to do with grades or a final product. Our wish for you is that you can relax and have FUN, while sharing and connecting in a safe community of solutions.



Any and all art supplies are welcome - including just pen and paper! For a list of other suggested supplies, please email or come to an AFRC location
recovery@advocatesforrecovery.org

Zoom