

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.



Artwork by Quána Madison



QUÁNA
MADISON

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

Free Virtual Art Workshop
on Zoom

Registration Required

6 week class on Thursdays
starting July 11th
6:30 PM - 7:30 PM



www.ColoradoArtistsInRecovery.org