



Central Coast Quality of Life Programs

a 501(c)3 non-profit organization

**Services for families living with
Multiple Sclerosis and Parkinson's Disease**



Expressive Healing: Art Therapy Workshop

Central Coast Quality of Life Program is hosting a 4-Week Art Therapy Workshop every Thursday, from February 23rd to March 16th. We would like you to attend this event to add a little creativity to your life. Below is the schedule and activities. These workshops will be hosted at the Monterey Library. Space is limited to 10 participants and attendance at all four workshops is most encouraged. To RSVP call (831) 333-9091.

Dates and Times

WEEK ONE February 23rd Solarium Conference Room <u>1:00pm to 3:00pm</u> <i>Benefits of Art Therapy Presentation</i> <i>Emotional Wheel</i>	WEEK TWO March 2nd Solarium Conference Room <u>1:00pm to 3:00pm</u> <i>Dual Self Portrait</i>
WEEK THREE March 9th Community Room <u>1:00pm to 3:00pm</u> <i>Safety Boxes</i>	WEEK FOUR March 16th Solarium Conference Room <u>1:00pm to 3:00pm</u> <i>Resilience Drawing & Painting</i>

See You There!