



# Mama, Art Your Heart Out 2017

All classes are \$20 and include snacks, beverages, and supplies. (unless otherwise noted).

\* cash, credit, & debit accepted

## Rules:

-No experience necessary

-Use any materials provided for your art

-Have fun, let go, and allow yourself to be honest.

-Respect each other and use kind words.

We are a group of mamas with kids on the autism spectrum and other special needs that get together monthly to support and inspire each other through art. We choose a topic of conversation, meditate, journal, collaborate, and create together over snacks and wine.

## upcoming events

*(Every third Saturday of the month, unless noted, 2-5pm)*

1/14 #20, **CHOICES** (vision boards)

2/18 #21, **AFFECTION**

3/18 #22, **PATIENCE**

4/22 #23, **AWARENESS**

5/6 #24, **INCLUSION**

6/17 #25, **RAGE**

7/22 #26, **GRIEF**

8/19 #27, **SOLACE**

9/16 #28, **ACCEPTANCE**

10/21 #29, **FAITH**

11/18 #30, **GRATITUDE** (potluck \$10)

12/16 #31, **JOY** (Holiday Party Potluck, \$10)

**2/3 Coloring & Conversation:** this is a free meet & greet where we will color and chat. Our first topic is **DIAGNOSIS**. 7-9pm.

**6/3 BAYHO (Baby, Art Your Heart Out)** - more details closer to the date.

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[mayho.org](http://mayho.org) (website coming soon)

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