

Taking Care  
of Yourself  
is Part of  
Taking Care  
of Your Kids



# MAYO

Mama, Art Your Heart Out



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

\* cash, credit, & debit  
accepted

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## 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.

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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 second Saturday of the month, unless noted, 2-5pm. Locations will vary,*

6/10 #25, **RAGE**

7/8 #26, **GRIEF**

8/12 #27, **SOLACE**

9/9 #28, **ACCEPTANCE**

10/14 #29, **FAITH**

11/18 #30, **THANKFUL PARTY w/ BAYHO (FREE)**

12/16 #31, **JOY HOLIDAY PARTY w/ BAYHO (FREE)**

**We also have Coloring & Conversation nights and more activities! Join our Facebook page for more info or email us!**

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[mamaartyourheartout@gmail.com](mailto:mamaartyourheartout@gmail.com)

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

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