

Mama, Art Your Heart Out



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

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.

MAYHO 2016/2017 very special upcoming events

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

11/19: #18, GRATEFUL (\$10 potluck)

12/17: #19 SPECIAL (\$10 potluck)

1/21/2017: #20 VISION BOARDS



* **FREE Meet & Greet**s will happen once each quarter that will include Coffee & Coloring and Mama's Time Out. Event invites sent from our Facebook page.

mamaartyourheartout@gmail.com

mayho.org (website coming soon)

Contact: Aria Walker @ 415.225.7727

ariazuloaga@gmail.com

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