

TUNE IN AND TAKE NOTE

SESSION 1
LOVE
5:00 - 7:30PM



Earphones provided

Join us for a workshop series where we combine art, music and mindfulness to assist us in creating care-filled tools for clear communication.

Strengthening our families, relationships, and communities.



Materials developed through Cooperative Agreement #H795MO87654 and in partnership with the NYS Office of Mental Health.

FEBRUARY
14



Eat Off Art • Tri-Main Center • 2495 Main St. Suite 441