



## Be Our Guest.

The Expressive Arts Café is a charming bistro nestled in the heart of NAMI NJ in the Dara Axelrod Expressive Arts Network cul-de-sac. You'll find our dining experience second to none. You'll be served espresso first every visit - a two-minute journaling response that you may or may not share. The Daily Special follows. We will always prepare you for your dining experience with knowledge of the planned workshop and theme. Our workshops include art-journaling, sharing an open mic, storytelling and more. Finally, before you exit, we'll leave you with a little mint of gratitude to carry you through the rest of your day.

## The Daily Special: Soul Painting with Cristina Hoyos

If you are looking for a free, relaxed, social art atmosphere and paint from the heart - look no further! Please join us at the EAN Bilingual\* Cafe', all courteous friends are welcome, and creativity is not required!

We have a rare treat this month. Artist **Cristina Hoyos** will lead us in a simple expressive art project that involves watercolors (**see the list of materials to have handy below**) and a goal or intention you wish to pursue in your life. The objective will be to use the goal or intention to guide your theme for the piece by making a stencil that represents that thought. The stencil will be used in the painting of the watercolor art.

So, bring your favorite café beverage. Come and paint with us. We're the café just around the corner and we will get to know your name 😊.

### **Materials:**

Watercolors: yellow, blue, red, black, and white

Watercolor paper

Masking tape and board to tape paper to, or clipboard

Paper to make stencil (silhouette) or purchase a stencil

Scissors, brushes, sponges or tongues

*\*This event is conducted in English, with language support in Spanish.*

**We look forward to seeing you, so "Zoom" on in!**

**Monday, March 22, 2021**

**1 pm - 2 pm ET**

**RSVP**

**Host : Jacquese Armstrong**

**Guest Host: Cristina Hoyos**



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