



# Healing Arts Class

Art Therapy and Journaling for  
Self-Expression, Health and Healing

Led by Barbara Petterson, MS, MA, LMFT

Wednesdays (10:00 am – 12:30 pm)  
July 11, 2018 to August 15, 2018  
Adobe Art Center, Castro Valley

*"I view the making of art as medicine that proceeds through different phases of creation and reflection."*  
-Shaun McNiff

Engaging in solo and group art therapy activities, we will use painting, drawing, collage, sculpture, journaling and movement.

**Where:**

Adobe Art Center  
20395 San Miguel Avenue  
Castro Valley, CA 94546

**Fee:**

\$210 for residents  
\$220 for non-residents

**To register:**

Call 510-881-6700 or  
register online at [HaywardRec.org](http://HaywardRec.org)  
Class #49519



Bring a journal and wear clothes that you can get messy in. All levels welcome.

Barbara Petterson is an art therapist and licensed Marriage and Family Therapist (License #25764) with many years of experience leading art therapy activities with individuals and groups. Contact Barbara at [barbarapettersonmft@gmail.com](mailto:barbarapettersonmft@gmail.com) or 510-501-9192.