



Artistic Healing

Art & Creativity for Healing and Self-Care

TUESDAYS 6PM-8PM

START DATE: TUESDAY, AUGUST 01, 2023

FIRST METHODIST CHURCH

401 N STATE LINE AVE.

TEXARKANA, TX 75501

Who and How:

- Adults Only
- No Artistic Skill or Talent Required
- Bring Your Own Medium - Portable Art Supplies Recommended (paint, draw, art journaling, poetry, crafts, adult coloring)

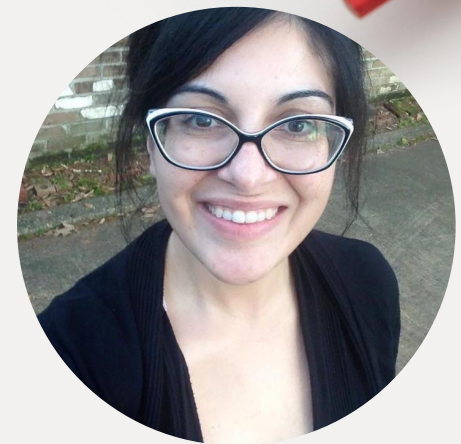
Why:

- Creative Expression for Self-Reflection
- Relaxation
- Create Meaningful Connections
- Self-Care
- Heal

Register Now

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Call or Text: 903-708-2012



Erica Martinez Cain, M.S., LPC, LCDC
mixed media artist

weekly free event