



2020 ART WITH HEART WORKSHOPS

EVENT INFORMATION

Dates: (Last Saturday of the month)

Saturday, February 29, 2020

Saturday, March 28, 2020

Saturday, April 25, 2020

Saturday, June 27, 2020

Saturday, July 25, 2020

Saturday, August 29, 2020

Saturday, September 26, 2020

Time:

10:00 AM - 11:30 AM

Registration Required:

Please call the Cohen Clinic at 240.847.7500 or email Mallary Lass at mlass@eseal.org.

Location:

The Steven A. Cohen Military Family Clinic at Easterseals
1420 Spring Street
Suite 300
Silver Spring, MD 20910

Join us for our free Art with Heart Workshops at The Steven A. Cohen Military Family Clinic at Easterseals! Art is proven to be therapeutic for the mind, body and soul. During these monthly workshops, you will participate in a fun activity and learn effective life skills through hands-on art projects and small-group discussions. Come relax and create with us! Workshop activities and topics change every month, but include:

- ▶ Canvas Paintings
- ▶ Clay Affirmation Stones
- ▶ Stress Management
- ▶ Communication Skills
- ▶ And much more!

- ★ **Open to Veterans and Military Families**
- ★ **No Cost**
- ★ **Child Care Provided**
- ★ **Free Onsite Parking**
- ★ **Metro Accessible**