

HEALING ARTS WORKSHOP

Art for Relaxation: Relax-O-Doodles

A Healing Arts Workshop



Doodling is usually done while your mind is concentrating on something else like talking on the phone or daydreaming. In this workshop, you will create a "conscious" doodle as a meditative practice to give your mind a rest from your grief.

VIRTUAL

BOTH Wednesdays
March 6 and 13
6 to 7:30 p.m.

Virtual groups will be held using Microsoft Teams.

IN PERSON

Thursday, March 14
6:30 to 8:30 p.m.

Elisabeth Severance Prentiss
Bereavement Center
300 East 185th Street
Cleveland, 44119

IN PERSON

Tuesday, March 19
6:30 to 8:30 p.m.

West Campus
22730 Fairview Center Drive
Fairview Park, 44126

maps on reverse.

Registration is required for all groups and participants will be limited.

VIRTUAL

- Registered participants will receive a link via email that will allow you to join at the time of the group
- Art materials will be mailed to your home. Be sure to include your mailing address when you register
- Register no later than **two weeks** in advance of virtual group start date

IN PERSON

- Masking is optional for those who are fully vaccinated. If you have not been fully vaccinated, we respectfully ask that you wear a mask. If you are ill or do not feel well, please stay home
- Art materials will be provided during the first session
- Register no later than **one week** in advance of group start date

Register by calling Mollie Borgione
at **216.486.6544** or email **mborgione@hospicewr.org**

*There is a suggested \$5 donation for supplies. If you wish to help allay supply and shipping costs, you may make a donation to the Healing Arts Program on our website, hospicewr.org, and click on **Donate Now** or donate at the in-person workshops.*

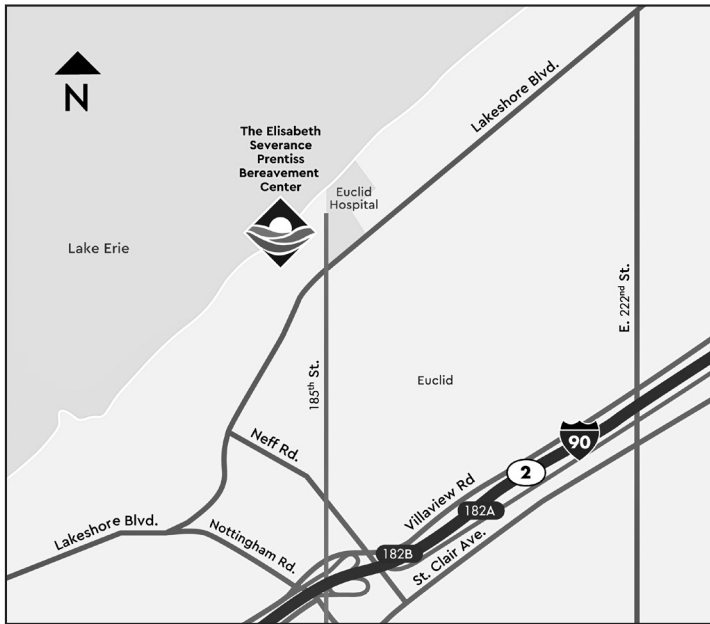
Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary.



WESTERN RESERVE
GRIEF SERVICES



Funded in part by residents
of Cuyahoga County through
Cuyahoga Arts & Culture



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Bereavement Center***
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 Cleveland, OH 44119



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