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Painting for Relaxation

Every other Fridays, June 17 – August 12, 2022
10:00AM – 11:30 AM

Did you know that the process of making a beautiful painting stimulates your creative mind while relieving mental stress? Join us for an exciting 5-session group painting class. Learn the fundamentals of painting, make new friends, de-stress, and express yourself! All skill levels welcome! Get ready to immerse yourself in the wonderful world of paint!

Certificates available upon completion and participants will keep paintings. Class is bilingual in Spanish. Materials will be provided, and coffee or tea will be made available as well. For more information, please email us at jmedel@dmh.lacounty.gov. Peer Resource Center-14659 Olive View Dr Sylmar CA 91342



HEART-FORWARD



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DEPARTMENT OF
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