2021 **MOTHERS - FATHERS DAY EVENT** Saturday May 22nd **11 AM ELKS CLUB** Cocoa. FL Come for a chance to express your grief through "Art". No art experience necessary. Ladie Ripoll, founder of "Our Painted Hearts" will facilitate a self help session to promote healing through art expression **BRING A LUNCH!!** PLEASE RSVP TO MARY 321 442 3540 Call or Text izzinmac@icloud.com We need a good headcount so Ladie can get the correct amount of supplies!



WHY PAINT?

The use of paints in art therapy is known as being related to self expression and emotional release

Participants rated the use of Art Therapy painting, writing and clay modeling to be effective in reducing symptoms of anxiety and depression [PTSD]

