



## **Week 1: Self Love Journaling and Art Expression** (Thursday, Feb. 4th, Teens 3:30-5pm, Adults 6-7:30pm)

Self-love simply means having a high regard for your own well-being and happiness. It means taking care of your own needs and not sacrificing your well-being to please others.

Come join us here at the SHAC for community connection and creative accountability. This week we will explore ways to show up for ourselves through journaling, as well as guided and open ended art prompts.

Bring a visual journal! All other materials included.

\*\*Journals may be purchased day of class for \$15

\*Disclaimer: While this type of exploration can be therapeutic, Jennifer Young is NOT an Art Therapist. She is someone who has found a lot of health and wellness through art journaling practices.



“Imperfections are not inadequacies; they are reminders that we’re all in this together.”

-Brene Brown

## **Week #2: Radical Self Acceptance**

Identifying Our Inner Critics & Connecting to our Muse

(Thursday, Feb 11th, Teens 3:30-5pm, Adults 6-7:30pm)

An invitation to become more aware of what are some of the common things our inner critic says, and perhaps what are the roots of those phrases, disapprovals and judgements.

We will also be exploring and connecting to where are we receiving encouragement, support and inspiration.

Modalities: Guided visualization, collage, journaling self reflection

Bring a visual journal! All other materials included.

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## **Week #3 Visual Goal Setting & Making the Most of 2021**

Connect to, and renew your vision in the studio!

Modalities: mindful art, journaling, multiple art mediums available to create with