



Capture the essence of the season with art!

SoulCollage® Project at Home

With Terrie Miley via Virtual/Zoom Meeting



Friday, December 4 • 1:00 p.m.

An art therapy activity suitable for everyone, SoulCollage® offers a visual way to discover your feelings and inner wisdom. Participants engage in a collage process that promotes healing and self-discovery while encouraging recovery, respite and renewal—a perfect way discover what is sacred for you during the holidays! No special artistic ability is necessary and materials are provided.

Please call Ashley Hahn at 805.346.3402 to sign up for the class and the supplies will be mailed directly to you.

Custom Card Making Class

With Terrie Miley via Virtual/Zoom Meeting



Friday, December 11 • 1:00 p.m.

Make art to help melt your stress away! Sending holiday cards is a beautiful tradition for sharing the joy of the season. Why not make your own? Join us for a custom card making class to create greeting cards to share with loved ones.

Please call Ashley Hahn at 805.346.3402 to sign up for the class and the supplies will be mailed directly to you.



TERRIE MILEY
Facilitator/Instructor

Terrie Miley began her own path toward healing in 1999 when faced with a life-threatening illness. These days, she is happy to share the tools she used on her journey back to wholeness with others facing similar challenges. Please join us on Zoom to experience for yourself her creative approach to restoring mental and emotional health.

Wishing You a
**BEAUTIFUL
HOLIDAY
SEASON**



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