

MAKE ART...MELT STRESS

Explore your creativity

All tools and materials supplied. No previous experience necessary.

Acrylic Art Apron

Led by Linda Denton



Using fabric paint we will paint the cute and colorful turkey on an apron and, after the paint has dried, we will iron-on the 'Thankful' message. Join us for a relaxing time painting and

sharing holiday memories.

SANTA MARIA

Wednesday, November 8
9:00 a.m. to 12:00 noon

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, November 7
9:00 a.m. to 12:00 noon

850 Fair Oaks Avenue, Third Floor

Watercolor Christmas Cards

Led by Linda Denton

Learn to create your own hand-made watercolor Christmas Cards to send your loved ones this year. Linda has examples for you to choose from and templates for you to copy.



SANTA MARIA

Wednesday, December 6
9:00 a.m. to 12:00 noon

1325 East Church Street, Santa Maria

ARROYO GRANDE

Tuesday, December 5
9:00 a.m. to 12:00 noon

850 Fair Oaks Avenue, Third Floor

FREE

HANDS ON WORKSHOPS
OPEN TO EVERYONE

Art Journaling

Led by Terrie Miley

Art journaling is a visual diary—a place to record your thoughts, memories, and emotions through images, art, and words. It is a form of therapy and self care. You can use art journaling through grief, through health struggles and other life challenges and also for joyful play.

SANTA MARIA ONLY

Fridays: November 3 and
December 1

1:30 to 3:30 p.m.

1325 East Church Street, Santa Maria

The Healing Power of Illness

Led by Terrie Miley

Through journaling and insightful exercises, explore the secrets that your body, mind and spirit are holding for you. Feel a deeper connection with yourself as you share your journey with a group of like minded people walking their own path toward healing.

SANTA MARIA ONLY

Fridays: November 17 and
December 15

1:30 to 3:30 p.m.

1325 East Church Street, Santa Maria

Please bring a journal and an open mind and heart.

■ Reservations are required for all classes and seating is limited.

To register please call Mission Hope:
805.219.HOPE (4673)



Neurographic Art with Cheryl Kelly

SANTA MARIA ONLY

1325 East Church Street, Santa Maria

Wednesday, November 15 • 9:00 a.m.

Intuitive painting

This type of painting is about expressing your voice and playing with paint to allow your artwork to evolve based on your soul search, visions, and play.



Wednesday, December 20 • 9:00 a.m.

Abstract art and Wassily Kandinsky

Create your own circle-based artwork inspired by Kandinsky's style, vision and colors used in abstract art.



Like us on Facebook:
Mission Hope Cancer Center

Keep up with all our classes and programs at both locations at our website: www.missionhopecancercenter.com