



Road Maps

AN EACC THERAPEUTIC ART GROUP

While some welcome change with excitement and anticipation, too much change can be overwhelming. Mapping the changes ahead can help you identify ways to manage those changes and regain a sense of control. Learn more in this virtual session with EACC Counselor Carrie May. *No art experience needed.*

WHEN & WHERE:

Friday, Sept. 12, 2-3 p.m., via Zoom

WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

MATERIALS:

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

REGISTRATION:

Email carriemay@uabmc.edu for Zoom link and password. Email HRAWARE@uab.edu to request disability accommodations.

