

Mindful Living

A Therapeutic Art Group
for Growth & Reflection



This six-week series supports participants in discovering, clarifying, and executing personal goals, deepening self-understanding, and enhancing their lived experience. Each week, EACC Counselor Carrie May will use art therapy-based directives to help participants solidify intentions and gain perspective on topics such as physical and mental environment, emotional health and wellbeing, and more.

Please plan to attend all six sessions, as each session is a stepping stone that builds upon the last. All materials are provided, and no art experience is required.

WHEN & WHERE:

Group meets each Friday between March 20 & April 24, 3 to 4:30 p.m., WPCC-A
Please plan to attend all six sessions as each session builds on the last.

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.

REGISTRATION:

Contact carriemay@uabmc.edu to register or with any questions. To request disability accommodations, email HRAWARE@uab.edu.