



# Coping and Healing through the Arts

Activities such as gardening, listening to music, painting, writing, scrapbooking, and decorating are all outlets which may assist with coping from stress and healing from trauma.

Registration is required.

Classes are on the 2nd Wednesday of each month from 9-10 am in the Chapel Annex (building 7260).

Call 229-639-8896/5252 for information.