

H.E.A.R.T.

HEALING, EMPOWERMENT, ART AND RECOVERY TOGETHER

HEART a special support group using art to explore:

Dealing with Emotions

Understanding Self

Overcoming Trauma and Loss

Developing Skills for Healthy Self-care

Embracing Joy & Happiness

Showing & Growing Gratitude

Wednesdays, 10:00 - 11:30am

Sorry, no childcare available.

For more information, contact Joan at 734-4116.



Domestic Violence Services
OF BENTON AND FRANKLIN COUNTIES