

FREE!

ARTREACH GW:

ART THERAPY OPEN STUDIO SESSIONS

THEARC, 1901 MISSISSIPPI AVE SE, WASHINGTON, DC 20020

Art Journaling: Stress Management Adults & Teens Only Tuesdays | 6:30-8 pm

Join us for therapeutic art journaling for stress relief and personal empowerment! This art journaling session is specifically for teens and adults and meets weekly and welcomes individuals to connect with their creativity alongside others - no experience required! Weekly methods and prompts designed to find relaxation, detangle stress, and tap into your artistic strengths will be offered each week as options for creative exploration.



Family Open Studio Children & Adults (6&up) Wednesdays | 6:30-8 pm

We invite parents and children to explore family art making with collage, clay, drawing, painting, fabric, and more! Each group highlights collaboration and individuality as you create art with and alongside your family and peer group members. Art activities are tailored to be available for adults and children, 6 years and up, and specific instruction will be provided to guide you through the art process.

The groups are founded in art therapy, led by registered art therapist Katherine Tucker, ATR, and promote art making as a tool for wellness, self-awareness, insight, and community connection.

Oct. 2nd - Dec. 12th
To register email:
artreach@gwu.edu

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