

Celebrate the Colors of Your Life

Creative Art Therapy Classes



My Colors. My Mind.

Art has the power to heal, inspire, provoke, challenge, and support mental health. Creating art enables us to share our culture and our identity. It can help us better understand our emotions - like a mirror, reflecting back what we have created.

The Council on Aging - Southern California in partnership with the OC Health Care Agency is offering a variety of no-cost creative art therapy classes across Orange County. We want to encourage self-expression, self-discovery, and emotional growth in a non-judgemental atmosphere.

Through this creative process, we hope that community members can explore emotions, reduce stress and anxiety, improve self-esteem, and build awareness to reduce stigma surrounding overall mental health.

CALL NOW TO ATTEND

Classes are available in English, Spanish, Korean, Mandarin, and Vietnamese. RSVP today at:

☎ (714) 352-8820 🌐 www.coasc.org/mycolors

Art Classes For Everyone

Classes are for beginners or those who want to brush up on their art skills. All supplies are provided.

- ▶ **Circle Painting** by Hiep Nguyen is a collective art experience where participants work in groups and are encouraged to unleash their creativity.
- ▶ **Multi-Media Art** by Chuck Jones will consist of creating torn and cut paper collages, quilting techniques, and more.
- ▶ **Acrylic Painting** with Mi Young Kim, Carolin Zavalza, and Kim Brandon-Watson let you learn the fundamental elements of painting on canvas.



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a Program of Council on Aging