

3 Reasons you should participate in CREATIVE EXPRESSION

1

Overview

Art and creative expression has been shown to decrease negative emotions, improve brain function, and boost confidence.



2

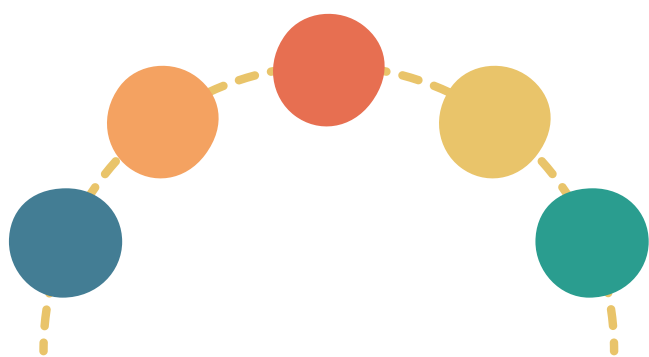
Stat #1

Art helps reduce symptoms of anxiety, depression, and stress by 73%

3

Stat #2

Art decreases self-harm tendencies in adolescents by 54%



4

Stat #3

Improved psychological health in 81% of psychotherapy patients

5

Call to Action

Join us every week at our evening jam sessions to get your fill of creative expression. Paint, play, draw, or jam; let go of the past week's trouble and have fun!

