

Thursday Evenings  
6-7:30p

**Sept 13 – Oct 18**

At NAMI Greater Des Moines  
511 East 6<sup>th</sup> Street

IN DES MOINES'  
HISTORIC EAST VILLAGE

**\$20 per person**  
(scholarships available)

Call 515.850.1467  
or email  
[director@namigdm.org](mailto:director@namigdm.org)  
to sign up today



# ART AS MEDITATION WORKSHOP

Color pencils, ink, paper and pastels are used as tools for practicing meditation in this 6-session workshop.

Participants explore mindfulness, acceptance, non-judgment and non-reaction with facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director