

VISUAL JOURNALING

Combine writing with thoughtful layers of collage, paint, stencils and mark making to express your experiences, emotions and ideas. Designed for the beginner or experienced artist, this workshop will help you develop a daily practice and learn how to document your story through art and text.

With facilitator Sam Erwin, MS, MA Art Therapist and Spiritual Director.

Thursday Evenings 6-7:30p

May 10 – June 14

At NAMI Greater Des Moines
511 East 6th Street

IN DES MOINES'
HISTORIC EAST VILLAGE

\$20 per person
(scholarships available)

Call 515.850.1467 or email
director@namigdm.org to sign up

 **nami** Greater Des Moines
National Alliance on Mental Illness

