



Self Care: A Mental Health Journey Through COVID-19

Four-Part Art Therapy Session

Exhibiting artist, Julia Caston and art therapist, Alby Gyimah-Boadi, present **Self-Care Through Art**, an initiative that provides a series of free, virtual art therapy sessions to Meredith College's community and beyond. These sessions are tailored for BIPOC (Black, Indigenous, and people of color) students and local activists.

Each session includes a time for reflection, art creation, and sharing with the group. The first three sessions are tailored to the BIPOC community and the final session is open to all. All sessions are free and open to the public.

Suggested materials: markers, pencils, pens, paper, glue, and scissors.

Schedule:

Session 1: Fri. Oct. 15

Session 2: Thurs. Oct 21

Session 3: Fri. Oct. 29

Session 4: Thurs. Nov. 4

*All sessions are from 7-8p.m.

Sessions are limited to 15 participants.

To request accommodations, please contact Molly Hull, the Gallery Director, hullmary@meredith.edu.



Register for session(s) using the QR code or visit our website: www.gallery.meredith.edu.

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