



Community Partnership Programming: Art therapy with Shannon Kazeo of Mindful Art Creations.

- Builds self-confidence through creating art.
- Shannon's "fluid art," a practice of layering different paint colors into a cup and pouring it onto the canvas, lets individuals choose their colors – but fate largely decides the final design. Every piece turns out beautiful.
- Individuals learn that not everything can be controlled, but even when you don't feel in control, the results can be amazing.

