

# Expression of the Heart

Join us for a creative and supportive space where self-expression and connection take center stage. Expression of the Heart invites participants to explore themes of compassion, connection, healing, and self-love through art.

Using a variety of materials, you will create a piece that reflects what matters most to you—no artistic experience required. This is a judgment-free, trauma-informed environment focused on creativity, reflection, and community. Participation is at your own comfort level, and sharing is always optional. All supplies are provided. All are welcome.

**Tuesday, Feb. 10th, 2026**  
**12:00-1:30pm**



**RECOVERY  
COMMUNITY  
CENTER**  
DES MOINES