WEEKLY FREE ART SESSIONS

WED · THU · FRI

OPEN ART STUDIO

12PM-4PM

Create at your own pace using the provided materials, or bring your own supplies. Create independently or use the optional art prompts to inspire your creativity.



FRIDAY

RESCUED WOOD

12PM-2PM

Transform salvaged wood into one-of-a-kind creations while exploring creativity, craftsmanship, and sustainability.

THURSDAY

VISUAL VOICES

1PM-2PM

Share your artwork in a welcoming, supportive space, reflect on your creative process, and connect through meaningful conversation.

THURSDAY

NO STIGMA SPEAKERS BUREAU

2PM-3PM

Build confidence, strengthen public speaking skills, and help reduce stigma by sharing your lived mental health experience.