



young at Art



art therapy

Brush Hour Parties understands the powerful human need for connection.

Our events bring people together, not just to create art, but to create community.

a focus on the *whole* human

As we age, we naturally find ourselves coping with the things we can no longer do.

Brush Hour Parties uses art to help guests focus on their abilities and celebrate their willingness to try something new.



benefits to aging populations

- Maintains cognitive abilities
- Reduces feelings of loneliness
- Provides a way to express emotions
- Results in a feeling of achievement

reach out

301-542-6443
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**Individual and group
sessions and rates
available**