



Expressive Arts Therapy Workshop

Alameda County Public Health Department - Blue Skies Mental Wellness Program

A supportive space to explore your feelings and build wellness through creativity.



Reduce stress, anxiety, and overwhelm



Process emotions and build self-awareness



Connect with other moms in community



Strengthen confidence and well-being

*For Alameda County pregnant and parenting moms with babies under age two.
Gift cards provided (if attended 4 out of 6 sessions)*



Fridays
July 31 - September 4, 2026
11:00 AM - 1:00 PM



1100 San Leandro Blvd.
Sequoia Room
San Leandro, CA 94577

REGISTRATION REQUIRED

Use URL link or scan QR Code to access registration form:
tinyurl.com/Expressive-Arts-July-31-2026

FACILITATED BY:

Kwen Bowman, AMFT Vila.Bowman@acgov.org
Carmen Drake, AMFT, APCC Carmen.Drake@acgov.org



For more information call: 510-506-9487



**Public Health
Department**
Alameda County Health

Starting Out Strong
Partnering with families for healthy babies and communities

