



Alameda County Health
BLUE SKIES MENTAL WELLNESS

Expressive Arts Therapy Workshop

for Alameda County pregnant and parenting moms with babies under age two.



Fridays
June 27- August 8, 2025



11:00 am - 12:30 pm



1100 San Leandro Blvd.
Oak Room - Creekside Plaza
San Leandro, 94577

Expressive arts therapy can be a helpful approach in supporting individuals with perinatal/postpartum depression, anxiety, and trauma-related symptoms by providing a creative outlet for expression and exploration of emotions.

REGISTRATION REQUIRED

SCAN



Use URL link or scan QR Code to
access registration form.



<https://forms.office.com/g/xjvfHnVYNQ>

Gift cards provided (if attended 4 out of 6 sessions)



510-618-2083

Facilitated by:

Kwen Bowman, MFT Intern

Carmen Drake, AMFT, APCC



Vila.Bowman@acgov.org



Carmen.Drake@acgov.org



**Public Health
Department**
Alameda County Health



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