



Alameda County Health  
BLUE SKIES MENTAL WELLNESS

## Expressive Arts Therapy Workshop

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



**Fridays**

**October 10 – November 14, 2025**



**11:00 am - 12:30 pm**



**1100 San Leandro Blvd.**

**Sequoia 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/kMXzht2Cc1>

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



No prior art experience is necessary



**510-506-9487**

**Facilitated by:**

Kwen Bowman, MFT Intern

Carmen Drake, AMFT, APCC



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**Public Health  
Department**  
Alameda County Health



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