

Friends Program

CREATIVITY & FOCUS

4 Week mentoring session for Kids in Grades 5-8

Channeling your potential through
art and mindfulness.

This session will be co-facilitated by local artist and program staff Andrew Heath and mindfulness instructor, Maria Pacelli, M.Ed. to lead the participants to greater self-expression, self-awareness, regulation and creativity with **absolutely no art skills needed!**

4 weeks starting 9/27/23
4:30 to 6 pm

City Wide Community Center,
Canterbury Road, Concord NH

To register, volunteer or just learn more:
please email the Friends Program at
ym@friendsprogram.org or call 228-0108
www.friendsprogram.org

