

VIRTUAL & IN-PERSON

Free Mental Wellness Workshops:

Educating, Engaging,
Resourceful

Supporting individuals of all ages.

Art, Advocacy, and Healing Interactive Workshop

Explore the connection between creativity and mental health. Participants will use art and self-expression as tools for healing and personal growth.

Please note: the facilitators will be virtual, if you do not have internet access you are welcome to participate from our 350 Marshall St Training Room - *registration is required.*

Facilitated By:

Mental Health Association in
New Jersey (MHANJ)



Have Questions?

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July 7

First Monday of Each Month

5:30 PM - 6:30 PM

Virtual & In-Person

350 Marshall St. | Phillipsburg



▶ **SCAN TO REGISTER**

or visit norwescap.org

Servicing Hunterdon, Morris, Somerset,
Sussex & Warren Counties



NORWESCAP

Creating Opportunities. Changing Lives.