

**FEELING STRESSED?  
JOIN US FOR AN ART THERAPY NIGHT!**

# **Spring into Self-Care with Creative Expression**

COME AND UNWIND WITH A NIGHT OF CREATIVITY AND SELF-CARE!  
DISCOVER NEW WAYS TO NURTURE YOUR WELL-BEING  
WHILE EXPLORING THERAPEUTIC BENEFITS OF ART.  
LIGHT REFRESHMENTS PROVIDED.

**FRIDAY, MARCH 1ST, 5-7PM  
BOYS AND GIRLS CLUB OF CHESTER  
201 E 7TH ST, CHESTER, PA 19013**

What to expect:

**Activities:**

- Guided Art Therapy Activity (All Materials Provided - RSVP so we have enough!)
- Relaxing Music
- Mindfulness Exercises
- Self-Care Tips

**NO ART EXPERIENCE NEEDED -  
JUST BRING YOUR CREATIVITY  
AND AN OPEN MIND!**

**SCAN TO RSVP**



**HOSTED BY CHESTER UPLAND SCHOOL DISTRICTS'  
PARENT UNIVERSITY**

**FOR MORE INFORMATION CONTACT:  
CAVERETTE@CHESTERUPLANDSD.ORG**