

HOPE

healing online for people everywhere

FREE

Online!

Created in 2020 at the start of the pandemic, this free, online series supports the resilience of our global community through social emotional arts.

In accordance with our mission, with this series we aim to enhance the innate social-emotional benefits of the arts with supportive practices, such as non-judgmental language and reflection, for self-discovery, connection, and empowerment.

December

Finding Wisdom & Resilience through Council & the Arts
Friday, December 3, 2021

February

Strengthening Emotional Resilience in Children & Teens through Art
Saturday, February 26, 2022

January

Exploring Identities through Art & Writing in the Open Studio Process
Friday, January 21, 2022

March

Visual Journaling: Opening Doors to New Possibilities
Friday, March 11, 2022

Register at <https://bit.ly/HOPE-Series>

UCLArts  Healing

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