

Create **MORE** Healthy Relationships

Join board certified art therapist and emotional wellness coach Mary How, MA, ATR-BC, as she leads participants in this eight week group for veterans and first responders.

Healthy relationships at home and work are essential for building fulfilling and purposeful lives. Group participants will engage in art making to learn about finding balance within relationships and getting your needs met while maintaining compassion and connection so relationships thrive. You'll also learn your Enneagram type and how this tool can help you understand yourself and others better. Art making will include both individual and group exercises to explore these themes.

September 17-November 5, 2023
Tuesdays, 12-2 pm



Art and Relationships Group

- Meets weekly at the Big Red Barn Retreat (at the Red Barn)
- Facilitated by Board Certified Art Therapist, Mary How
- Free group for veterans & first responders
- All Materials included
- Limited Space Available! Fill out our interest form by clicking the link here:
[**Create MORE Art Therapy Interest Form**](#)

Want more information? Contact mary@fullcircleprograms.com or 803-269-8730



The Arts in Healing program is funded by the Creative Forces Community Grants. Creative Forces Community Grants are a part of the National Endowment for the Arts' Creative Forces Initiative in partnership with Mid-America Arts Alliance

8024 Winnsboro Rd, Blythewood, SC 29016 | (803) 716-9097 | www.thebigredbarnretreat.org
The Big Red Barn Retreat (BRBR), a 501(c)3 located in Blythewood, SC is dedicated to providing a place of peace for those most in need of healing. Established in 2015, the BRBR helps 2,500 military personnel annually.