

# Create **MORE** Your New Story

Join board-certified art therapist Mary How in this eight-week group for veterans and first responders.

Explore your inner-world and create an altered book. In this group you'll learn about decreasing your suffering with the four-step foundation for creating MORE of the life you want:

Motivation to tell a New Story

Owning Your Ability

Radically Accepting Life on Life's Terms

Embracing the Present

**February 11-April 1, 2024**  
**Tuesdays, 12-2 pm**

## Create **MORE** Art Group

Meets weekly at the Big Red Barn Retreat (at the barn)

Facilitated by Board-Certified art therapist, Mary How

**Free group for veterans & first responders**

Materials included

Limited space!

Want more information? Contact [mary@fullcircleprograms.com](mailto:mary@fullcircleprograms.com) or 803-269-8730



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](http://www.thebigredbarnretreat.org)  
The Big Red Barn Retreat, 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 retreat helps 2,500 military personnel annually

