



# Create More

## EMOTIONAL INTELLIGENCE

Join board certified art therapist and emotional wellness coach Mary How, MA, ATR-BC, as she leads participants in this **8-week group for veterans and first responders.**

Emotional intelligence is the ability to understand and manage your own emotions and those of the people around you.

Group participants will meet for 2 hours weekly to learn about combining **art-making and coping skills** to increase **emotional intelligence, emotional regulation and mindfulness** for personal well-being and healthy leadership.

**FREE FOR VETERANS & FIRST RESPONDERS**

*LIMITED SPACE AVAILABLE!*

**TUESDAYS 12-2 PM**  
**FEBRUARY 17-APRIL 7, 2026**

**THE BIG RED BARN RETREAT LOUNGE**  
(8024 WINNSBORO RD., BLYTHEWOOD, SC 29016)

Creative Forces Community Engagement Grants are part of the National Endowment for the Arts' Creative Forces® initiative, in partnership with Mid-America Arts Alliance.