



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.