



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! SCAN TO SIGN UP.



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

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

