



Create MORE

CREATE MORE POSTTRAUMATIC GROWTH: ART AS INNER WORK FOR RESILIENCE AND DISTRESS TOLERANCE

Join Board Certified Registered Art Therapist SM Mary How, MA, ATR-BC®, as she leads participants in this eight-week group for veterans and first responders. Create MORE Posttraumatic Growth combines **art making** with distress tolerance skills to **help build resilience**.

Throughout this course, participants will complete art therapy and writing exercises to help increase their understanding and application of post traumatic growth skills to transform suffering.

Group participants will meet for **2 hours weekly** to learn about combining art-making and coping skills to increase mindfulness, distress tolerance and radical acceptance while creating a crisis survival kit to effectively integrate these skills into daily life. Materials included. **No art experience necessary!**

FREE FOR VETERANS & FIRST RESPONDERS

LIMITED SPACE AVAILABLE! SCAN TO SIGN UP.



TUESDAYS 12-2 PM
SEPTEMBER 8 - OCTOBER 27, 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.