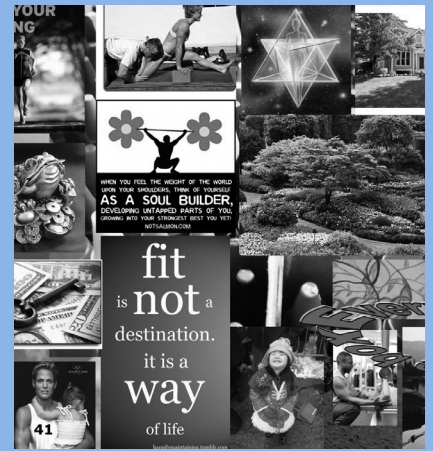


“A Creative Approach to the Eight Dimensions of Wellness”

Research shows that creativity is an integral component of recovery, and can be an effective complementary strategy to traditional supports and services. Creative activities offer individuals the opportunity to get in touch with their "inner selves" and can provide a form of expression for feelings that cannot be easily identified or put into words.

In “A Creative Approach to the Eight Dimensions of Wellness” participants will explore SAMHSA’s Eight Dimensions of Wellness: Physical, Financial, Social, Spiritual, Environmental, Occupational, Intellectual and Emotional. In this 2.5-hour workshop, participants will learn about each of the eight dimensions, and then create a collage type “vision board” on one particular area of wellness they want to work on. A vision board is a tool used to help clarify, concentrate and maintain focus on a specific life goal, and participants will use this to visualize a particular area of wellness and recovery they want to focus on and work towards.



Join us for a fun-filled workshop!

To schedule, contact:

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or

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Brought to you by:

On Our Own of Maryland’s Empowerment Partnership Project

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