

# ***NAMI OF ERIE COUNTY PRESENTS ART SUPPORT GROUP***

Art support is a support group for individuals to learn how to use a creative outlet when dealing with any sort of mental health symptom. Each session will consist of a different art project and a group discussion topic that addresses mental health. This support group is a way for individuals to talk about mental health in a welcoming way.

***NO PROFESSIONAL ART SKILLS NEEDED***

***EVERY TUESDAY, 10:30AM-12:00PM, STARTING APRIL 5TH  
AT TRI BORO***

***WE HOPE TO SEE YOU THERE :)***

