

ART
STARTS

OWN IT Junior:

**Crafting Care (Female-identifying
Mentorship)**



ART STARTS

AGES 7-12

ONLINE PROGRAM

EVERY THURSDAY,
AUGUST 2ND - 18TH
5:30 - 6:30 PM



SCAN TO REGISTER

Own It Jr: Crafting Care is a 3 week arts-based female-identifying mentorship program that builds on mindful habits through artistic expression. During the program, participants will engage in confidence building activities while creating unique art projects. Art will be used as a mindfulness tool to teach young learners resilience by learning and practicing positive self-confidence, self-image and self-love affirmations.

Hosted by
Artist Nadia Thompson

FOR MORE INFORMATION, CONTACT
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