

**NEW SERIES STARTING FEB. 22, 2023 !**

# CREATIVE COPING:

An art-based workshop for kids and parents

**Four Wednesday evening sessions from 6 p.m. to 7 p.m.**



It takes time for children to develop emotional intelligence—the ability to perceive, understand and manage emotions. Parents can play a key role in this development. These four online workshops pave the way by involving family members in creative art projects centered around identity, self-awareness and emotional expression.

The workshops are led by clinical mental health counselor Zeinab Moussa, who has children of her own and loves to get families talking, especially while making art!

To participate, all you need is an internet connection to Zoom and some white paper, scissors and crayons, markers, or pen/pencil.

[Click here to REGISTER](#) or scan the QR code. 



## **Dates and topics**

Wednesday, Feb. 22 at 6 p.m. – **“I Can” Goals**

Wednesday, Mar. 1 at 6 p.m. – **Mindful Minutes Brain Break Cards**

Wednesday, Mar. 8 at 6 p.m. – **Things I Love About Me**

Wednesday, Mar. 15 at 6 p.m. – **My Strengths and My Challenges**

For more information, visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

*Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.*

**STAY WELL**  
Michigan.gov/StayWell