



Newport Mesa
FAMILY RESOURCE CENTER

Art Therapy Group

Newport Mesa Family Resource Center invites you to connect with others through art. Participate in Self Care and Stress Management techniques during COVID-19. This group is for adults.



Workshop takes place via Zoom. **Classes are FREE.**

Newport Mesa Family Resource Center
307 Placentia Ave., Ste. 203
Newport Beach, CA 92663

Thursdays 5:00 p.m. – 7:00 p.m.

To register, please call (949) 764-8100

Group 1 (Spanish)

Class 1: April 9
Class 2: April 16
Class 3: April 23
Class 4: April 30
Class 5: May 7
Class 6: May 14

Group 2 (English)

Class 1: May 21
Class 2: May 28
Class 3: June 4
Class 4: June 11
Class 5: June 18
Class 6: June 25

Topics:

- **Creating Safety**
- **Developing Positive Outlook**
- **Maintaining Healthy Relationships**
- **Expressing Emotions**

307 Placentia Ave., Suite 203, Newport Beach, CA 92663 | 949-764-8100

Programs and services at the Newport Mesa Family Resource Center are funded in part through Families and Communities Together (FaCT). FaCT is a program administered by the County of Orange Social Services Agency, in partnership with the FaCT Coalition of Charitable Ventures of Orange County, The Olin Group, and the Orange County Alliance for Children and Families.


Melinda Hoag Smith
Center for Healthy Living



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Grupo de Arte

El Centro de Recursos Familiares de Newport Mesa le invita a conectarse con otros a través del arte. Participe en autocuidado y manejo de estrés durante el COVID-19. Este grupo es para adultos.



Taller ocurre a través de Zoom. **Clases son GRATIS.**

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Jueves 5:00 p.m. – 7:00 p.m.

Por favor llame al (949) 764-8100 para registrarse.

Grupo 1 (Español)

Clase 1: Abril 9
Clase 2: Abril 16
Clase 3: Abril 23
Clase 4: Abril 30
Clase 5: Mayo 7
Clase 6: Mayo 14

Grupo 2 (Inglés)

Clase 1: Mayo 21
Clase 2: Mayo 28
Clase 3: Junio 4
Clase 4: Junio 11
Clase 5: Junio 18
Clase 6: Junio 25

Temas:

- **Creando Seguridad**
- **Manteniendo Relaciones Saludables**
- **Desarrollar Perspectivas Positivas**
- **Expresando Emociones**

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