

Healing Hope with Expressive Arts

Friday, May 21 from 6-8 PM



Join us for an evening of free programming co-hosted by CORA, the SMC Office of Diversity and Equity & The San Mateo County Pride Center where community members are invited to create art and celebrate Mental Health Awareness Month

**Register HERE at
<https://tinyurl.com/HealingHope2021>**

**Contact Azisa (They/She) at
Azisa.Todd@sanmateopride.org or
Info@sanmateopride.org if you have questions or
need support regarding this event**

CORA



**SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Healing Hope with Expressive Arts



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Please bring the following art supplies to the virtual event: **colored pencils, paints, paper, and an open mind!**

If you are in need of art supplies, please let us know when you register as we have **LIMITED SUPPLIES.**

CONTENT WARNING

This event focuses on mental health through a guided art activity and group facilitation. We understand that some of the content may cause feelings of uneasiness or discomfort. In order to support the mental health needs of participants, we will have a crisis support facilitator during the event to provide services as needed.

If you or someone you know may be experiencing a mental health crisis, Star Vista has a 24-hour crisis hotline for San Mateo County residents. Go to <https://sanmateopride.org/programs/crisis-intervention/> for more information

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