



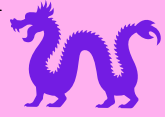
Join us for a *free* VIRTUAL Mindful Arts & Crafts workshop

live, interactive, creative, Zoom fun for
kids of ALL ages

grandparents, parents, relatives encouraged to participate
in this group activity



to celebrate the February holidays of
Valentine's Day & Chinese New Year



Saturday

February 13th, 2021

3:30 - 5:00 PM
(Pacific Time)

[https://us02web.zoom.us/j/84240798299?
pwd=aGFpM1wd2VuLzdZNoE4UzRMK29EUT
09](https://us02web.zoom.us/j/84240798299?pwd=aGFpM1wd2VuLzdZNoE4UzRMK29EUT09)

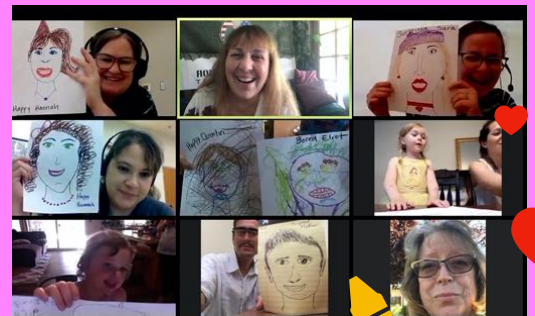
Meeting ID: 842 4079 8299 Passcode: 168307

- ~ no artistic talent required ~
- ~ quality family time for all to enjoy ~

with your group seated around a table
each using only a few blank pieces of white paper
(can be the back side of junk mail - let's recycle!)
and crayons or markers or pens or pencils

* and some red paper *

we'll guide you through an incredibly fun project
with always enjoyable results



for more details contact: gail@mindfulveteranproject.org or bflores@thehelpgroup.org