



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

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

Saturday
April 24th, 2021

10:00 - 11:30^{AM}
(Pacific Daylight Time)

[https://us02web.zoom.us/j/91325860163?
pwd=VGx6Vy9UMDR3endPQXZBakpLbUtuU
T09](https://us02web.zoom.us/j/91325860163?pwd=VGx6Vy9UMDR3endPQXZBakpLbUtuUT09)

Meeting ID: 813 2586 0163 Passcode: 582372

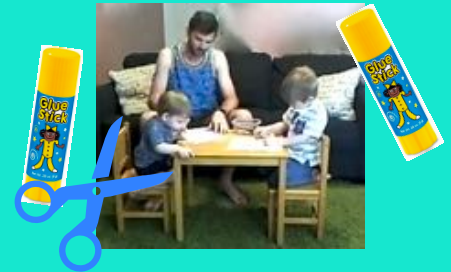


~ no artistic talent required ~
~ quality family time for all to enjoy ~

have ready to tear or cut up a bunch of magazines
or old calendars with colorful pictures
PLUS

a glue stick & a plain white or light-colored
piece of cardboard/paper/poster

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



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