



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

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

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

Sunday

February 6th, 2022

2:00 - 3:15^{PM}
(Pacific Time)

[https://us02web.zoom.us/j/89121778685?
pwd=OHJLa1dqToVndVVFSGIYNUNlbnVzUTo9](https://us02web.zoom.us/j/89121778685?pwd=OHJLa1dqToVndVVFSGIYNUNlbnVzUTo9)

Meeting ID: 891 2177 8685 Passcode: 828631

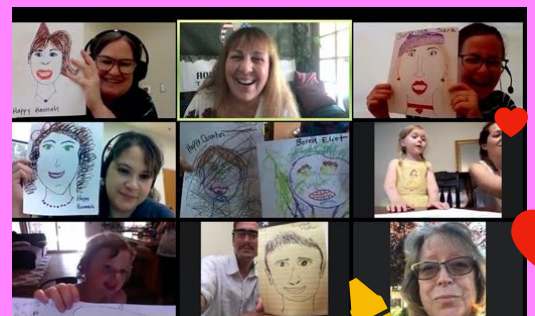
~ no artistic/musical talent required ~
~ quality family time for all to enjoy ~

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!)
crayons or markers or pens or pencils
safe scissors

* and some red paper *

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

we'll also enjoy some cool
movement and music experiences



for more details: gail@mindfulveteranproject.org or mmiller@thehelpgroup.org