



for cancer wellness

KITS TO HEART'S SPRING 2024 CYCLE

WHAT: Free, virtual group art therapy workshops

WHEN: Biweekly, starting week of January 29

WHY: To improve well-being by exploring feelings, increasing self-expression, fostering hope and strengths, identifying coping skills, and engaging in mindfulness and grounding.

WHO: Kits to Heart is offering groups and Art Hives for:
Patients
Survivors
Young Adults (ages 19 to 29)
Caregivers
Oncology Healthcare Workers



Materials provided & no art experience necessary!

Register by January 26: bit.ly/KTHArtTherapy

Follow us @kitstoheart!

