

United Services Inc & TEEG

Creative Resilience

Women's Wellness through Art

A women centered wellness program that uses art, creativity and connection to support emotional health, healing and personal growth.

Open to adult women who feel overwhelmed or disconnected and who value reflection and community.

Six Weekly Sessions:

Wednesday's at 5 - 6:30 pm
March 25,
April 1, 8, 15, 22 and 29th
Location: TEEG 15 Thatcher Rd, North Grosvenordale, CT



Join us for an Expressive outlet focused on the process and self expression.

- Visual journaling
- Reflective Writing
- Movement
- Mindful Breathing
- Emotional Health
- Connection
- Self Care
- Healing
- Personal Growth



Interested in participating?

Contact:
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