

HOPE

healing online for people everywhere

FREE

Online!

Our HOPE Series supports the resilience of our global community through social emotional arts during this unprecedented time.

We enhance the innate social emotional benefits of the arts with supportive practices, such as non-judgmental language and reflection, for self-discovery, connection, and empowerment.

June

Poetry for Difficult Times

Saturday, June 6, 2020

**Puppetry & Kids:
Expressive Tools for
Challenging Times**

Thursday, June 11, 2020

**Family Father's Day Sound
Celebration**

Thursday, June 18, 2020

**Honoring the Dad in Your
Life through Art**

Saturday, June 20, 2020

July

Interactive Games for Joy & Connection

Saturday, July 11, 2020

Finding Inner Resilience in Community

Saturday, July 18, 2020

August

Helping Kids Manage Stress & Anxiety

Saturday, August 1, 2020

Breath-Centering Techniques for Restoration

Thursday, August 6, 2020

Improvisation for Resilience

Sunday, August 16, 2020

Register at <https://bit.ly/HOPE-Series>

UCLArts  Healing

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