



WELLNESS • RECOVERY • RESILIENCE

## **Exploring Emotional Health Through Creative Arts** ***A Series of FREE Classes for the Persian Speaking Community***

Please join us as we discuss issues related to mental and emotional health and create balance and understanding through the use of art, poetry, music, and dance

### **5 Classes in 5 Weeks:**

Week 1: "Identifying Our Emotions"

Week 2 : "Trauma and Loss"

Week 3 : "Self Confidence"

Week 4 : "Relaxation and Stress Management"

Week 5 : "Gratitude and Happiness"

**When?** All classes start the week of April 3, 2017 - please contact us to enroll for the time and date that is best for you.

**Where?** At CCE-CCC offices in Encino (exact address will be given upon RSVP)

**\*Space is limited, so reserve your spot today!**

For more information or to RSVP please call Cross Cultural Expressions - Community Counseling Center at (818) 860-1223 or email us at [Mastaneh@crossculturalexpressions.com](mailto:Mastaneh@crossculturalexpressions.com)