

# Perfectly Imperfect: Art Journaling Group



## Discover Yourself Through Creativity

Join our Perfectly Imperfect Art Journaling group, where creativity and self-exploration intertwine in a supportive and playful environment. Perfect for anyone seeking to understand themselves better and connect with others.

### What to Expect:

- Creative Exploration: Engage in painting, coloring, collages, and sharing meaningful music. No art experience necessary—just your open mind and heart!
- Mindful Beginnings: Each session starts with a mindful meditation to center and inspire your creative process.
- Reflective Sharing: Use expressive art activities to explore emotions, let go of perfectionism, develop self-compassion, and learn new coping strategies in a semi-structured setting.
- Group Process: Enjoy a blend of guided activities and personal reflection with supportive group interaction.
- All Supplies Provided: We provide everything you need—just bring your curiosity and willingness to explore.

**Thursdays from 2:30-4:00 PM**  
**120 Richmond Quad, North Campus**

For more information on how to join, contact Counseling Services  
716-645-2720 or email Alison Smith at [masmith6@buffalo.edu](mailto:masmith6@buffalo.edu) or Yi Li-Brown at [yli353@buffalo.edu](mailto:yli353@buffalo.edu)

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