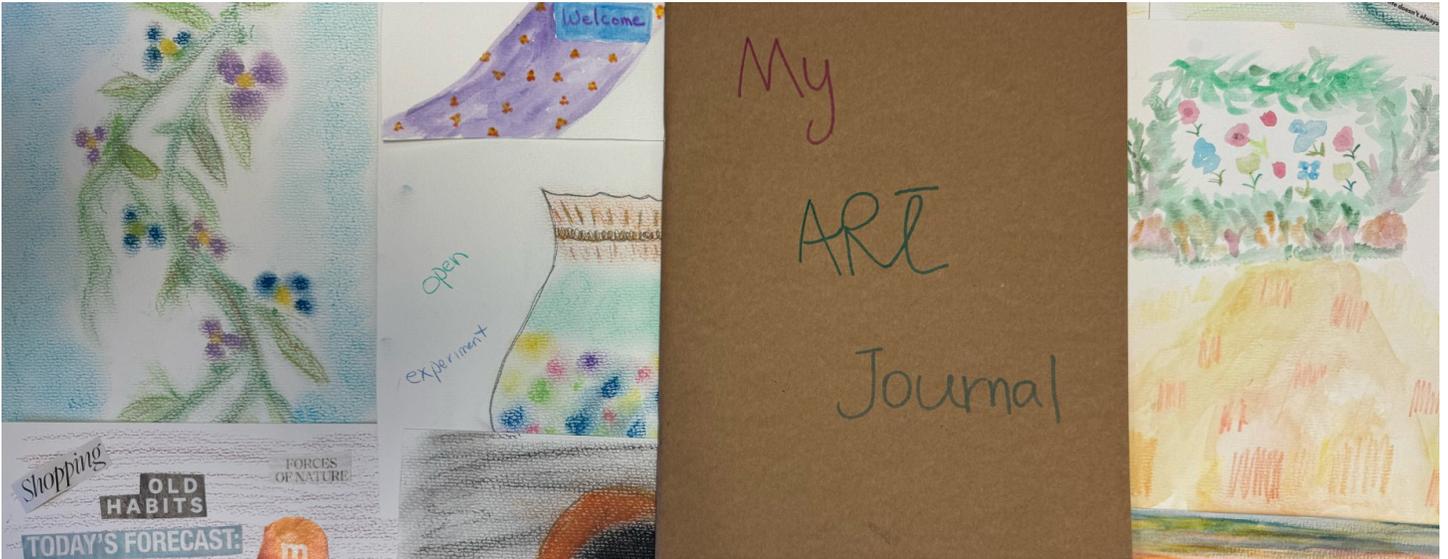


Perfectly Imperfect: Art Journaling Group



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 or Yi Li-Brown at yli353@buffalo.edu

Presented by

