

# WISE connections

Wednesdays 5:30 – 7:00 pm

**Opportunities to deepen your connections  
with yourself, each other, and WISE**

Deb Steele, local artist and art therapist, guides us through two fall series for survivors. Explore creative expressions with color, texture, writing and imagination. No experience or ability required. Materials provided.

## **Fall session I: September 20, 28, October 4, 2023**

This in-person group will meet three consecutive Wednesday evenings at the WISE Program Center. Participants will connect with each other over activities meant to spark joy through creativity.

## **Fall session II: November 1, 8, 15, 2023**

This virtual group will meet three consecutive Wednesday evenings via zoom. Participants will connect with each other over writing prompts to encourage reflection and resilience.

**For more information or questions about opportunities to connect, please reach out to [laura@wiseuv.org](mailto:laura@wiseuv.org).**



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