

Schofield Barracks Arts & Crafts

# RESILIENCY THROUGH ART PROGRAM *for Spouses*

## Free

Open to all DoD ID Cardholders.

## Tuesdays

(except when following a holiday)

## 9:30-11:30 a.m.

**No prior art experience  
is needed or required!**

*This is not an "art" class. The process is what is most important here, not the product or the proficiency of skills. There is no art instruction, no therapy, and no art interpretation. Using art as another form of expression, you will be working through collage, clay, painting, drawing, zentangle, and more.*

This program focuses on the process of personal expression through art, in a small group setting. Participants will find art naturally relaxing when used in the supportive environment of the Art Center. Art can provide great relief for anyone dealing with separation, sadness, anxiety, or anger and can boost self-esteem and confidence. Art is a wonderful outlet for expression and is indeed another form of language.

The Arts & Craft Centers can be the resource to help. Throughout the program, participants will find a balance with materials and subject matters that will assist them in opening up and relaxing. This is not instantaneous, nor is Resiliency through Art an immediate cure, but individuals will recognize the benefits over time.

**As adults, we are focused on the end result and final product of most activities we begin.**

Overall, the purpose and focus of this program is not the product itself or the proficiency skills, but the process in which individuals explore the materials and subject matter to start their own healing process. Individuals are able to use their imagination, make choices along the way, let their creative expression flow, and relax.



**To register, call (808) 787-5734.**

Wednesday-Thursday: 10 a.m.-3:30 p.m.

Friday-Saturday: 9 a.m.-3:30 p.m.



[HiMWR.com](http://HiMWR.com) or MWR HAWAII