

ADULT COLOURING

DROP IN

Every Tuesday from 1:30-3:00PM
Starts Oct 18 2016

EVERYONE WELCOME!
You don't need to be an artist to participate - Come by for a break
and some fun adult colouring activities!

Why Join Adult Colouring?



Find your Creative Side

Joining adult colouring can help spark a creative side you have (or didn't even know you had!). Pick up some coloured pencils and see where it takes you!



Alternative to Meditation

Many people use adult colouring as an alternative to meditation. Participation helps you refocus by being mindful of the activity at hand.



Socialize with Others

Get to know others in the AJHS community. Drop-in and chat with fellow participants!



Reduces Stress

By focusing on one calming activity, adult colouring has been shown to decrease stress and anxiety in some participants.

For More Information:
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