

PARENT & ME

CREATIVE WELLNESS WORKSHOPS TUESDAYS AT 10 AM

JOIN US FOR FREE FUN ARTS AND CRAFTS WHILE LEARNING ABOUT
WELLNESS TIPS AND TRICKS

6/11: Affirmation Rocks



6/18: Plant Potting

6/25: Bee Kind Project

7/2: Expressive Paint Class

**CALL US AT (562) 755-6104 TO
RESERVE YOUR SPOT!**

Whittier Wellness Community
7643 S. Painter Ave. Whittier, CA 90602
Questions? Call us at (562) 755-6104

ATTEND ALL 4
WORKSHOPS TO BE
ENTERED IN A RAFFLE
TO RECEIVE A GIFT
CARD

The background is a white grid with various colorful handprints and stars scattered across it. The handprints are in shades of orange, yellow, blue, and green. The stars are also in these colors, with some being larger and more prominent than others.

AFFIRMATION ROCKS:

A FUN ROCK PAINTING ACTIVITY WHERE YOU WILL LEARN HOW TO IDENTIFY FEELINGS AND DEVELOP THE TOOLS TO HELP MANAGE THEM!

PLANT POTTING:

LEARN HOW TO NURTURE A PLANT AND YOUR BODY BY EATING THE RIGHT NUTRIENTS! YOU WILL DECORATE AND TAKE HOME YOUR OWN PLANT TOO!

BEE KIND PROJECT:

LEARN THE IMPORTANCE OF BEING KIND TO OTHERS WHILE MAKING A CUTE BEE TO TAKE HOME!

EXPRESSIVE PAINT CLASS:

LEARN A NEW WAY TO MANGE STRESS OR BIG EMOTIONS BY TAKING A CREATIVE PAINT CLASS!