



ART THERAPY

Improve Your Mental Health & Unleash Your Creative Side at a Free Art Class

Self-expression through art has been shown to help improve mental health. Join us for a free art class where you can express yourself through painting on canvas. The class is free and open to the first 15 people who register. No artistic experience required.

Topic: Overcoming Darkness and Defying Stereotypes

When: Wednesday, April 26, from 3 to 5 p.m.

Where: St. Vincent Charity Community Health Center cafeteria
2351 East 22nd Street, Cleveland

Instructor: Gwendolyn Garth — local artist, Central resident and founder of the Kings & Queens of Art

Registration: Registration is required. Call Jennifer Robinson at 216.310.7658 or email
JRobinson@Sistersofcharityhealth.org

OUR MISSION

The Crisis and Recovery Services team of the St. Vincent Charity Health Campus is dedicated to helping humanity thrive by removing the stigma associated with mental health. We strive to inspire, uplift and create a safe space for people to heal and grow.



ST. VINCENT CHARITY
HEALTH CAMPUS

A Ministry of the Sisters of Charity Health System