

Play with Clay:

Building Wellness Through Creativity



Clay Sessions: Fridays from January 31-February 28, 3-6pm, Fuller Lodge Art Center Clay Studio

Play with Clay is a five-week clay and wellness experience open to everyone age 14+. Throughout the program, participants will have the opportunity to learn about wellness, coping skills and the benefits of art making, all while being creative in the clay studio. Each session will include mental health wellness education and clay instruction led by local art therapy interns, Jane McConnell and Lauren Sherwood. The group is open to new participants every week. To insure your spot for a particular week, email playwithclayLA@gmail.com. Those without reserved spots may drop in at the start of session to see if spots are available for that week. The group is free, however, a suggested donation of \$3 is recommended for each session to help cover material costs.

Community Dialogue/Exhibition: Friday March 6th, 5-7pm

The Community Dialogue/Exhibition event will showcase artwork made during *Play with Clay*. This event will provide a space for community conversation around the mental health needs of Los Alamos County. This event is free and open to the public.

January 31, 3-6pm

Topic: Intro to Art as Wellness

Clay Instruction: The Basics and Pinch

February 7, 3-6pm

Topic: Cultivating Awareness and Managing Stress

Clay Instruction: Coil

February 14, 3-6pm

Topic: Gratitude

Clay Instruction: Slab

February 21, 3-6pm

Topic: Flexibility and Control

Clay Instruction: Additional Techniques

February 28, 3-6pm

Topic: Expectations, Acceptance and Transformation

Clay Instruction: Glazing

March 6th, 5-7pm

Community Dialogue and Exhibition

Location:

2132 Central Ave.