

LEARNING. EXPRESSING. CREATING.

Expressive Arts Program



EXPRESSIVE ARTS
INFORMATION
AND MONTHLY
CALENDAR CAN BE
FOUND ONLINE @
WSCCCENTER.ORG



WEST SIDE
CATHOLIC
CENTER



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HEALING THROUGH ART

Changing the world one person at a time.

ART-IN-ACTION

Art classes taught by local artists.

Projects can include pottery, paint, collage, and jewelry.

Refer to Resource Center calendar ♦ 9:30-11:30A

RHYTHM OF THE HEART

*Drumming circle that will help relax the tense
and energize the tired.*

3rd Wednesday ♦ 1-3P

EARTH CONNECTION GARDEN

Peaceful garden experience, growing wonderful vegetables.

(Seasonal) May through September

Mondays and Thursdays ♦ 9:30-10:30A

YOGA

Will soothe the body and mind.

Fridays ♦ 1-2P

CREATIVE WRITING

*Opportunity to write poetry and short
stories about life experiences.*

Fridays ♦ 2-3P

Class schedules can change.

**Check the Resource Center monthly calendar &
daily activity board for current schedule.**

The West Side Catholic Center's
Expressive Arts Program is made
possible through the generosity of:

