

Celebrate the Colors of Your Life

Creative Art Therapy Classes



My Colors. My Mind.

Art has the power to heal, inspire, provoke, challenge, and support mental health. Creating art enables us to share our culture and our identity. It can help us better understand our emotions - like a mirror, reflecting back what we have created.

The Council on Aging - Southern California in partnership with the OC Health Care Agency is offering a variety of no-cost creative art therapy classes across Orange County. We want to encourage self-expression, self-discovery, and emotional growth in a non-judgemental atmosphere.

Through this creative process, we hope that community members can explore emotions, reduce stress and anxiety, improve self-esteem, and build awareness to reduce stigma surrounding overall mental health.

CALL NOW TO ATTEND

Classes are available in English, Spanish, Korean, Mandarin, and Vietnamese. RSVP today at:

☎ (714) 352-8820 🌐 www.coasc.org/mycolors

Art Classes For Everyone

Classes are for beginners or those who want to brush up on their art skills. All supplies are provided.

- ▶ **Circle Painting** by Hiep Nguyen is a collective art experience where participants work in groups and are encouraged to unleash their creativity.
- ▶ **Multi-Media Art** by Chuck Jones will consist of creating torn and cut paper collages, quilling techniques, and more.
- ▶ **Acrylic Painting** with Mi Young Kim, Carolin Zavalza, and Kim Brandon-Watson let you learn the fundamental elements of painting on canvas.



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a Program of Council on Aging

Creative Art Therapy Classes

Spring / Summer 2024

Anaheim

(Bilingual Korean)
Linbrook Court
2240 W. Lincoln Ave.
Anaheim, CA 92801
Acrylic Painting
Every Thursday
10:00am—12:00pm



Anaheim

(Bilingual Korean)
Miracle Terrace
225 S. Western Ave.
Anaheim, CA 92804
Acrylic Painting
1st, 3rd, and 5th Thursday
1:00pm—3:00pm

Anaheim

(English)
Anaheim Public Library
500 W. Broadway
Anaheim, CA 92805
Multi-Media Art
2nd and 4th Tuesday
2:00pm—3:30pm

Costa Mesa

(Bilingual Vietnamese)
Towers on 19th
678 W. 19th Street
Costa Mesa, CA 92627
Circle Painting
2nd Wednesday of each
month
10:30am—12:00pm

Garden Grove

(Bilingual Spanish)
Harbor Grove Senior
Apartments
12777 Garden Grove Blvd.
Garden Grove, CA 92843
Acrylic Painting
Every 2nd and 4th
Tuesday
11:00am—1:00pm

Huntington Beach

(English)
Huntington Beach Senior
Center
HB, CA 02648
Acrylic Painting
Every Friday
1:00pm—2:30pm



Mission Viejo

(Bilingual Mandarin)
MorningStar Senior Living
28570 Marguerite Pkwy.
Mission Viejo, CA 92692
Acrylic Painting
2nd and 4th Wednesday
2:00pm—3:30pm

Santa Ana

(Bilingual Spanish)
Southwest Senior Center
2201 W. McFadden Ave.
Santa Ana, CA 92704
Multi-Media Art
Every Tuesday
10:00am—11:30am

Westminster

(Bilingual Vietnamese)
Clever Care Community
Center
9600 Bolsa Ave., Suite D,
Westminster, CA 92868
Circle Painting
2nd and 4th Wednesday
2:30pm—4:00pm



**Council
on Aging**
Southern California

2 Executive Circle, Suite 175
Irvine, CA 92614
(714) 479-0107



Funded by the OC Health Care
Agency through the Mental Health
Services Act.

