



# HEALING *through* ART

A UNIQUE ART SERIES TO HELP GRIEVING HEARTS



## FREE ART EVENT

Join us for Healing through Art — a supportive, creative space to reflect, express, and connect. Through guided workshops using simple practices like writing, collage, and painting, we offer a safe and welcoming environment for personal expression and remembrance. Each session invites you to honor your journey, wherever you are in grief or in life. All ages and experience levels welcome.

### **Illustrated Recipe: Turn a Meaningful Dish into Art**

SATURDAY, OCTOBER 4 | 10 AM – 12 PM

Art supplies provided. Just bring a recipe and a cellphone.

HALL OF CRUCIFIXION-RESURRECTION

Forest Lawn—Glendale 1712 S. Glendale Ave. Glendale 91205

RSVP required, please call 323-340-4902 or email [WeCare@forestlawn.com](mailto:WeCare@forestlawn.com) for more information

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