

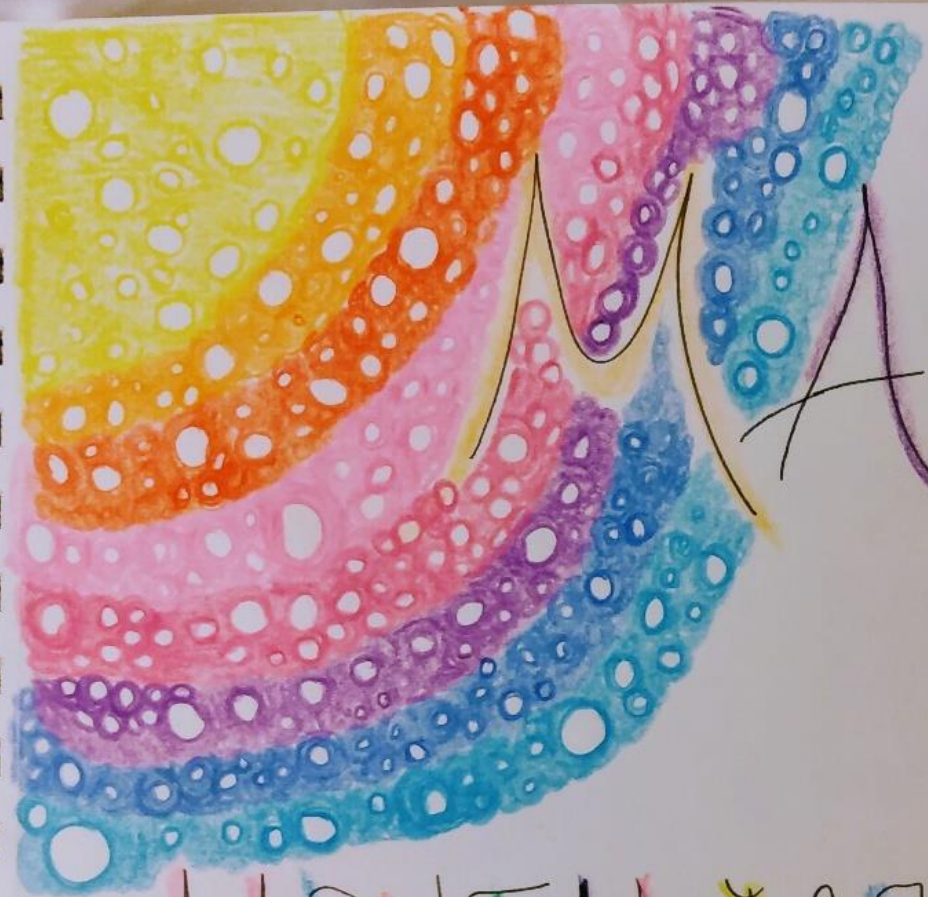
B.G.C.B.

The Boy's & Girl's Club of Boston
Berkshire Partners Blue Hill
Club

Presents

"IGNITE YOUR
CREATIVITY"





MAY

2020

MENTAL HEALTH

AWARENESS

Did you know? Art is a way to take away worries and can have a positive effect on both mental and physical health.



Let me tell you what it does:

- * It buffers against stress and anxiety.
- * promotes social connection, leisure time and emotional well-being and well-being

Are you bored? Then grab a piece of paper and a pencil, or need to destress? a paint brush and paint. Join us every chance you can and ignite your creativity.

"Don't worry, if you can't draw or paint!!!" Come on...

oops

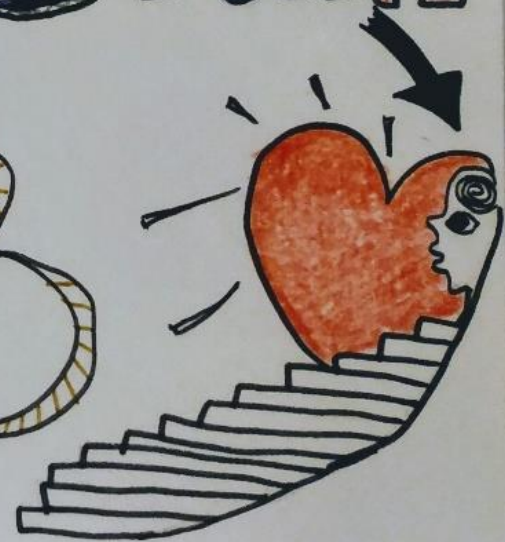




Creating, especially in the face of uncertainty, fear, and other distressing and unsettling emotions, can be an outlet that will "nourish" your mental health.

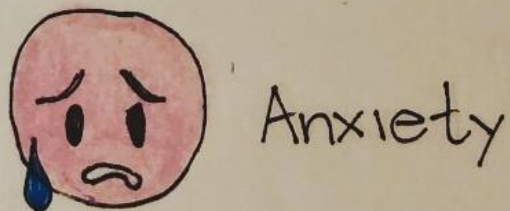
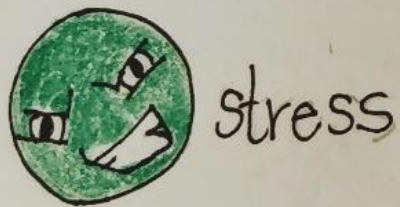
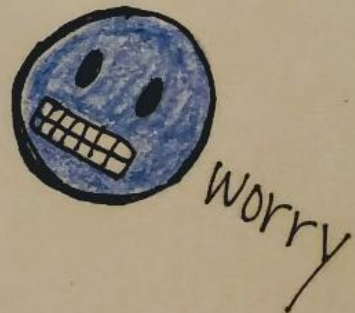
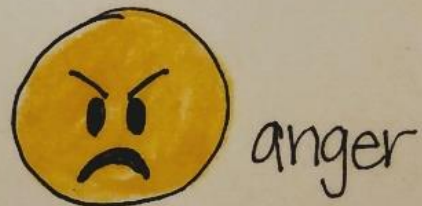
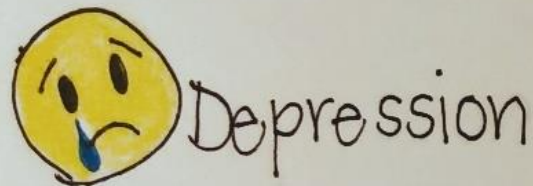
ART changes
your Brain

It stimulates your
curiosity & creativity



ART


improves



Let's Build Team

EMPATHY

Share your work  We'd love to see what
your doing!!! 

Your art is an expression of your  and mind.

 "This is a no Judgement Space!"

CHOOSE ART

because it's good for your emotional
health and well-being



ART

can provide healing



There's no room for judgement

Grab a pencil & paper

paint
&
paint brush

coloring books and
crayons

colored pencils

playdough

magazines + glue
for collaging

grab a journal

- write a poem
- your thoughts
- your feelings

make a mandala

Do you know?

All these provide benefits to your mental well-being and it requires minimal investment of your time.



Come on and

LET'S

Lights!!!