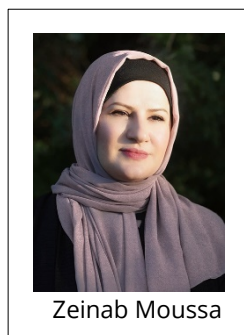




The Michigan Stay Well program presents a free interactive workshop series for parents and their kids (age 2 to 10).

**Wednesdays at 2:00 p.m. from July 14 to August 18, 2021**



Children sometimes have difficulty expressing their emotions, and parents may not fully understand what the child is feeling. The pandemic has certainly shed light on this, as children have been forced to adapt to change, just as adults. This free interactive learning series uses art to help parents and children connect—to their inner emotions and to one another.

Led by clinical mental health counselor Zeinab Moussa, M.A., LLPC, these free weekly webinars will help your kids build emotional intelligence through guided drawing activities. All you need is an Internet connection to Zoom, some paper, and something to draw with.

Register for as many sessions as you like! All are free of charge. [Click here to REGISTER](#) or visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

**July 14, 2:00 p.m. – Take the first step.** Parents and children learn basic ways to communicate emotions through drawing.

**July 21, 2:00 p.m. – All About Me.** Children identify their own positive traits by making pictures. Helps boost self-esteem.

**July 28, 2:00 p.m. – My Values.** Parents and children illustrate their family values by creating a drawing together.

**August 4, 2:00 p.m. – Grief and Loss.** Through drawing, kids acknowledge sad feelings and work toward processing grief and loss.

**August 11, 2:00 p.m. – Anger.** What does anger look like? Making pictures leads to a discussion of appropriate ways to express anger.

**August 18, 2:00 p.m. – Love Yourself.** Children write what they love about their parents. Parents draw a self-portrait. Helps build parental self-esteem and strengthen family bonds.

Hurry! Space is limited. Tell your friends, neighbors, colleagues, and play dates.

---

*The Stay Well program is brought to you by a behavioral health team within the Michigan Department of Health and Human Services, with grant funding from the Federal Emergency Management Agency. Crisis counseling training is provided by the Substance Abuse and Mental Health Services Administration.*

