



ARTiculate

Arts and Crafts

EVERY TUESDAY

2-3 PM

STARTING July 2, 2019

NAMI SE MN LIGHTHOUSE

1700 BROADWAY AVE N, DOOR B, ROCHESTER



Art can be good for your mental health. Come each week or whenever you can to enjoy mindful and therapeutic art projects. No skills needed and no judgement.

Look on Facebook for this week's project.

Lead by volunteer Stephanie Goldstein, an experienced artist.

For more information call NAMI SE MN 507-287-1692.