



# Self Portrait

**AN EACC THERAPEUTIC ART GROUP**

Participants will create a self-portrait that represents who they are now and incorporates lessons they have learned, in this session with UAB EACC Counselor Carrie May. As this is a symbolic creation, you can use materials to represent various strengths, insights or discoveries you have noticed. You do not need to be artistic to participate.

## **WHEN & WHERE:**

Wednesday, June 17, 4-5 p.m., via Zoom

## **WHO:**

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

## **MATERIALS:**

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

## **REGISTRATION:**

Email [carriemay@uabmc.edu](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.

Please note, the EACC Therapeutic Art Group is NOT a My Health Rewards point-earning opportunity.

