

UIUC COUNSELING CENTER

ART SPACE:

Creative Self-Care & Coping

It's 2021 and we're still dealing with stress and the Big Sad. Looking for ways to deal?

Dust off those paints, grab that old clarinet, or get back into broody poetry. Once a week, drop in to make some time for creativity and use the arts* to cope.

*all skills welcome

Mondays 3-4pm

6/7-8/2

Join via zoom:

Meeting ID: 837 0496 8094

Password: art

Contact

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Student Affairs
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN