



UMU Counseling Services Presents Crafting Well-Being

A community space to be creative, relax and de-stress,
learn new skills, and share your knowledge

Whether you like to knit, crochet, paint, draw, color, journal,
write poetry, or anything else crafty, all skill levels are
welcome. Some supplies will be available on site

Join us!

1/28, 2/11, 2/25, 3/25, 4/8, 4/22, 5/6

from 4-5 pm in the Student Conference Room 63 HPCC