

A central green chalkboard with a white grid pattern is surrounded by various crafting supplies. At the top left are two balls of yarn, one blue and one orange. To the right of the yarn is a purple glue stick. On the left side of the board is a red paintbrush with a yellow tip. On the right side is a yellow paintbrush with a grey tip. Below the board on the left is a purple ball of yarn. On the right is a blue paint palette with orange, white, and purple paint spots, and a brown paintbrush with a green handle. At the bottom left is a yellow paintbrush with a purple tip. In the center bottom is a pair of red scissors. To the right of the scissors is a blue glue stick. At the bottom right is a coiled brown rope.

# 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