

## FALL 2022 SERIES

# CREATIVE COPING:

An art-based workshop for kids and parents

The Michigan Stay Well program presents a free, interactive workshop series for parents and their kids.

Four Wednesday evening sessions from 6 p.m. to 7 p.m.



SCAN ME



Zeinab Moussa

It takes time for children to develop emotional intelligence—the ability to perceive, understand and manage emotions. Parents can play a key role in this development. These four online workshops pave the way by involving family members in creative art projects centered around identity, self-awareness and emotional expression.

The workshops are led by clinical mental health counselor Zeinab Moussa, who has children of her own and loves to get families talking, especially while making art!

To participate, all you need is an internet connection to Zoom and some white paper, scissors and crayons, markers, or pen/pencil.

Register for as many sessions as you like! All are free of charge. [Click here to REGISTER](#) or visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

### Dates and topics

Wednesday, Sept. 7 at 6 p.m. – **My Changing Emotions Book**

Wednesday, Sept. 14 at 6 p.m. – **My Self-Esteem Journal**

Wednesday, Sept. 21 at 6 p.m. – **Managing My Emotions with Strategies**

Wednesday, Sept. 28 at 6 p.m. – **Feelings Trigger with Strategies**

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.

**STAY WELL**  
Michigan.gov/StayWell