



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

Creative Expression Workshop

MONDAYS

10:30 A.M.-12 P.M. ET

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In Person

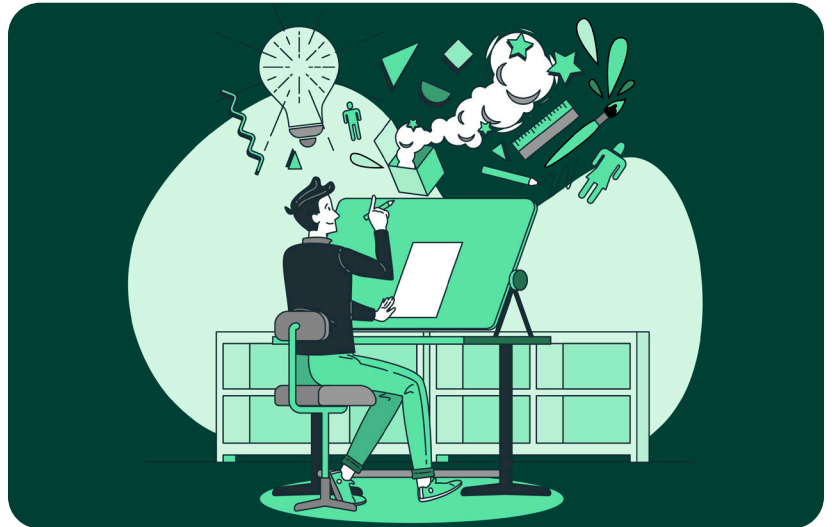
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**Workshop 1:
January 23, 2023**

**Workshop 2:
March 13, 2023**

Register:

Get started at
caps.msu.edu/schedule
for more info,
pre-screening and
registration information.



Everyone receives and relays information in their own unique way. Some of us may understand what is going on through metaphors, music, writing, and artistic expression. Tapping into your creative side may allow you to find a way to express what you are thinking and feeling. In this six-week workshop, we will use writing and drawing prompts to artistically capture how we are feeling and express it in a way that honors our unique experience. No prior artistic experience is required. This workshop is open to both undergrad and graduate students.

**Group Facilitators: Jovany Avendano, PsyD.
Kris Amos, MA, LLPC**

