



# New Beginnings

## AN EACC VIRTUAL ART GROUP

January is a month of change, reflection and resolution. Most of us have attempted to make life-changing resolutions each New Years, only to forget about them by February 1. Use therapeutic art making to set intentions for new beginnings, not resolutions, for 2024, in this session with EACC Counselor Carrie May. *No art experience needed.*

### WHEN & WHERE:

**Friday, January 26, 1-2 p.m., via Zoom**

### WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate households.

### MATERIALS:

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

### REGISTRATION:

Email [carriemay@uabmc.edu](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.



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