



New Beginnings

AN EACC THERAPEUTIC ART GROUP

January is a month of change, reflection and resolution. Most of us at one time have attempted to make life-changing New Year's resolutions, only to forget about them by February. In this session with EACC Counselor Carrie May, use therapeutic art making to set intentions — not resolutions — for new beginnings in 2026. *No art experience required.*

WHEN & WHERE:

Friday, January 9, 2-3 p.m., via Zoom

WHO:

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

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 for Zoom link and password. Email HRAWARE@uab.edu to request disability accommodations.

