



# **COLLECTIVE HEALING THROUGH ART: FINDING HOPE AFTER LOSS**

Experience the transformative power of creativity and community as we come together to find hope and healing through art.

Join us for two FREE hands-on workshops with artists and mental health advocates, Cynthia Gahan and Josh Griffin, and connect with others who are experiencing loss in their lives. Learn about resources and services that can support you or others experiencing grief.

To register for the event, scan the QR code or visit our website at [MentalHealthMattersWA.com](https://MentalHealthMattersWA.com)

**Sunday,  
September 29th  
1:30 – 4:00 PM**  
Skagit Valley College  
2405 E College Way  
Mount Vernon, WA  
**ANGST HALL**  
(rooms 125 & 129)



Scan to register

Questions? Email us at [Info@MentalHealthMattersWA.com](mailto:Info@MentalHealthMattersWA.com)



**MENTAL HEALTH**  
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Join us for two FREE workshops:

***Treasured Tributes:*** In this workshop, **Cynthia Gahan** of Heart Art Healing will help us create a keepsake to remember a loved one and help their spirit shine on. Participants will decorate a memory box or frame with photos, memorabilia, and other creative details that represent their loved one. All craft supplies will be provided, and participants are invited to bring photos and small items of their loved ones to incorporate into their treasured tribute.



**Cynthia Gahan**

***The Power of Words to Heal:*** Is it possible to embrace grief and loss as gifts, rather than viewing them negatively? Can they serve as reminders of our capacity to love and feel deeply? In this workshop, community advocate and artist, **Josh Griffin**, will help us explore these ideas through poetry and prose, both individually and collectively, to better understand grief and loss and to build personal toolkits for navigating these profound experiences. **Please bring an item, poetry, prose, or a token that represents something or someone you've grieved or lost.** Together, we will honor these memories.



**Josh Griffin**



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