



# Creative Clubhouse

A Summer Art & Wellness Program for Youth

## Arts Academy

July 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup>

9:00 am to 12:00 pm.

**Must have transportation.**

[Click Here](#) to Register

### Learning Emotional Resilience:

- ❖ Building self-acceptance
- ❖ Improving stress management
- ❖ Building self-esteem
- ❖ Being mindful and focused on the present.
- ❖ Expressing emotions wisely
- ❖ Choose to react to stress in a way that won't harm self or those around.

This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol Division.

