

*Creativity helps you reflect and move toward change, and it makes you feel good!*

**Art for the Heart** provides a positive focus, particularly for those who have experienced abuse or trauma.

Instructor Anna Obey teaches First Nations beadwork along with other creative activities for women.

Whether you have previous beadwork experience or not, come for a relaxing, creative experience. Supplies are provided.

**Tuesday and Thursday evenings  
7pm-9pm**

**Located at Family Service Regina  
#200- 1440 Broadway Avenue**

**Call Anna to register 306-757-6675  
Email: [anna@familyserviceregina.com](mailto:anna@familyserviceregina.com)**



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