

CREATIVE EXPRESSIONS

Member Weekly Schedule & Materials Guide

Eight weekly sessions | 50 minutes each | Live on Zoom

Join us for eight weeks of creativity, imagination, and connection! Each Zoom class includes a friendly check-in, an introduction to the weekly theme, time to make art, and optional reflection. No previous art experience is needed.

Before each class

Keep paper and your favorite drawing or coloring supplies nearby. You can use whatever you already have at home, including digital art tools. Optional supplies are never required. You may participate with your camera off, take breaks, or simply observe.

Week 1 | The Medieval Me: Creating a Personal Coat of Arms

What we'll do: Design a medieval-inspired shield or crest with colors, animals, objects, and symbols that represent you. A fictional crest is welcome too.

Required: Paper, pencil, and any coloring tool.

Optional: Ruler, metallic pens, markers, printed shield outline, collage scraps, glue.

Week 2 | Feeling Like a Glitch: Mapping My Inner World

What we'll do: Draw an imaginary or surreal map with winding paths, blank spaces, islands, bridges, safe places, and unknown destinations. It can be entirely fictional.

Required: Paper, pencil, and any coloring tool.

Optional: Markers, watercolor, stickers, collage scraps, ruler.

Week 3 | The Parts of Me You Don't See

What we'll do: Use shapes, colors, words, and patterns to represent the sides of yourself you show others and the sides you keep more private. Sharing is optional.

Required: Paper and any drawing or coloring tool.

Optional: Magazines, scissors, glue, textured papers, stickers.

Week 4 | When Feelings Become Colors

What we'll do: Create an abstract 'emotional weather report' using colors, lines, shapes, and patterns. No realistic drawing is needed.

Required: Paper and at least two colors of crayons, pencils, or markers.

Optional: Watercolors, brush, water cup, pastels, music.

Week 5 | My Constellation of Connection

What we'll do: Draw a constellation of stars or symbols representing supportive people, pets, places, memories, communities, or activities.

Required: Paper, pencil, and any coloring tool.

Optional: Dark paper, white or metallic pen, stickers, ruler.

Week 6 | The Art of Imperfection: Beauty in the Unexpected

What we'll do: Make a torn-paper collage or kintsugi-inspired drawing, using mismatched pieces, unexpected marks, and visible joins as design features.

Required: Paper, pencil, and coloring tools (drawing-only option).

Optional: Scrap paper, magazines, scissors, glue stick, metallic or yellow marker.

Week 7 | A Place Where I Can Just Be

What we'll do: Illustrate an imaginary sanctuary, room, garden, or landscape where you can exist without expectations.

Required: Paper, pencil, and any coloring tool.

Optional: Watercolors, markers, collage scraps, stickers.

Week 8 | My Creative Story: A Mini Art Book

What we'll do: Fold a page into a simple accordion booklet and fill it with favorite symbols, colors, memories, or discoveries from the series. A single-page recap is also fine.

Required: Two sheets of paper, pencil, and coloring tools.

Optional: Glue stick, scissors, stickers, collage scraps, earlier artwork.

A few friendly reminders

There is no right or wrong way to make art. You are welcome to share your creations, keep them private, or pass on any activity. Adapt projects to your comfort, energy, and available materials. These sessions focus on creative exploration and community rather than individual medical or mental health advice.

Schedule dates and Zoom joining details will be provided by the program administrator.