

UIUC COUNSELING CENTER

ART SPACE:

Creative Self-Care & Coping

It's 2021 and we're still dealing with stress and the Big Sad. Looking for ways to deal?

Dust off those paints, grab that old clarinet, or get back into broody poetry. Once a week, drop in to make some time for creativity and use the arts* to cope.

*all skills welcome

Mondays 3-4pm

Join via zoom:

Meeting ID: 828 4384 2873

Password: 266674

Contact

ngm@illinois.edu
schlesi2@illinois.edu



Student Affairs

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN