



**A Colorado-based creative arts therapy program
and research lab is coming to St. Louis:
Healthcare workers are invited to join us!**

Results from two previous clinical trials and sessions with 400+ healthcare workers showed improvements in resiliency and wellness for those that participated in our program. We are hoping to bring this support to the healthcare professional communities of St. Louis.

**Scan the QR code
to sign up now!**



Structure

Participants either join the group-based **virtual, creative writing** program or a waitlist control*

90-minute sessions, once a week, for 12 weeks this Spring!

You can participate from any computer with Wi-Fi

*Those in the waitlist control will join the second virtual, creative writing program in the Fall.

In collaboration with



**REGIONAL ARTS
COMMISSION
OF ST. LOUIS**

Questions or concerns? Email aliza.anderson@cuanschultz.edu