



# WHEN

**Every Tuesday from** October 21st until December 9th, 2025 (8 weeks) 10:00 a.m. to 12:00 noon



#### WHERE

In person at FHC -**Fairview** 

5 Fairview Mall Dr. #359



## QUESTIONS

**Contact Svetlana Vigor** SVigor@fhc-chc.com OR Becky Lam blam@fhc-chc.com



### **REGISTER NOW:**

Scan the QR code below, or click here.



# MORE INFORMATION

This foundational program invites participants new to MAMC to explore personal narratives through the creation of accordion books - a unique and signature format developed by the organization.

Participants learn techniques in painting, embroidery, drawing, and collage to transform their stories into vibrant, tactile art.

Guided by artistic prompts, participants craft self-portraits and meaningful images while sharing their creative journeys.

This collaborative process sparks deep conversations, fosters mutual support, and builds a community where everyone feels seen.

Ultimately, our workshops blend artistic exploration with personal storytelling to build individual confidence and forge strong, interconnected bonds.



