

**\$30 per
family**

Q300 PTA FUNDRAISER

MINDFUL CREATIVITY FOR ALL AGES WORKSHOP

In Partnership with Sacred Space Astoria

**SUNDAY, 3/21 | 10:30AM - 11:30AM
VIRTUAL WORKSHOP**

Combining art and mindfulness techniques, this workshop will help kids and adults exercise their creativity while calming their minds.

NO EXPERIENCE NEEDED.

Materials needed: basic art supplies of your choosing (crayons, markers, watercolors, pencils, etc) and paper.

A portion of the proceeds will be donated directly to the Q300 PTA.

Register at www.sacredspaceastoria.com/workshops/