



# HEALING off ART

## Community Healing Series

This series promotes Black-led togetherness, emotional support, and community healing for the Black community in the form of Sawubona Healing Circles, art workshops and yoga at locations throughout Buffalo's East Side.

Register for a FREE session!

[www.erie.gov/ourcommunityhealing](http://www.erie.gov/ourcommunityhealing)



November 2023 - January 2024

First time attendees will receive one self-care kit and standard art supplies.

Enjoy a light meal prepared by your favorite local businesses!

These art workshops encourage self-expression through painting, drawing and other forms of art. Anything you share during the session will be kept confidential outside of the session. These sessions are not a replacement for therapy or mental health treatment.

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