



EXPRESS YOURSELF!

A series of therapeutic activities designed for youth impacted by adoption and/or foster care

SPONSORED BY: ADOPTION RHODE ISLAND

Held 4th Monday of each month from 5-7pm



DANCE ATTITUDES

MONDAY, JULY 24, 2017 5:00 – 7:00 PM

Lift your mood with music and fun dance moves! Our new friend from **Dance Attitudes** will teach us the joy of dance.

- Dinner will be provided

TIE DYE COOKOUT

MONDAY, AUGUST 28, 2017 5:00 - 7:00 PM

Bring your creative, groovy self to make a tie dye shirt that reflects your unique personality. We'll work up an appetite in the fresh air and enjoy a summer cookout, too.

- Dinner will be provided

CREATE A COLD WEATHER FRIEND

MONDAY, SEPTEMBER 25, 2017 5:00 - 7:00 PM

Fall is here and the cold weather is coming! Create an adorable pillow pet and blanket to help you stay comfy, calm and cozy through the winter

- Dinner will be provided

HALLOWEEN FUN!

MONDAY, OCTOBER 23, 2017 5:00 - 7:00 PM

Explore your creative side by making a friendly "scary" mask and carving a pumpkin. We'll listen to some not-so-scary stories, too. Spooky time can be fun!

- Dinner will be provided

WREATH MAKING

MONDAY, NOVEMBER 27, 2017 5:00 - 7:00 PM

You'll experience a great sense of accomplishment by creating a beautiful wreath for the holidays! What a wonderful gift for a special person, either you or someone else you'd like to thank.

- Dinner will be provided

HOLIDAY ORNAMENTS AND PARTY!

MONDAY, DECEMBER 11, 2017 5:00 - 7:00 PM

It's time to celebrate the holidays with the friends you've made all year or with new friends you'll meet tonight. It wouldn't be the same without you! It's another chance to make a gift for someone special or make an ornament to keep. Special holiday refreshments will be served.

- Dinner will be provided

You are invited!!

EXPRESS YOURSELF workshops are open to all youth impacted by adoption and/or foster care. Each month we will be participating in fun activities or creating new and exciting projects. Express yourself by adding your own special touch to your project then take it with you to enjoy!

Workshops are provided free of charge. Enrollment in each is limited, participants are registered per workshop on a first-received basis.

To register, contact: Bernie Hicks,
401-270-1301 or email
bhicks@adoptionri.org

All workshops are held at:
Adoption Rhode Island
2 Bradford Street
Providence, RI
401-865-6000

Remember to wear clothing appropriate for each workshop. Please let us know if you have a food allergy.

PARENTS/GUARDIANS NEED TO REMAIN ON SITE DURING THE ENTIRE WORKSHOP.

