



# Facing Fears

## AN EACC THERAPEUTIC ART GROUP

Focus on facing your fears. Participants will assess a fear they have, acknowledge it, and validate the tools they have to face it, in this session with EACC Counselor Carrie May. *No art experience needed.*

### WHEN & WHERE:

Friday, October 24, 3-4 p.m., via Zoom

### WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

### MATERIALS:

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

### REGISTRATION:

Email [carriemay@uabmc.edu](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.

