

## VIRTUAL EDUCATION NIGHT

### Using Creativity to Support Your Mental Health and Heal Trauma

**Monday, December 7th, 2020, 6:00 to 7:30 pm**

**This is virtual Zoom event.**

**There will be a virtual drawing for gift certificates for attendees.**



Jane Thatcher Hahn, LCSW  
Owner, Grit Therapy

*Join us for an evening of conversation and education about the mental health benefits of creativity, and how we can use creativity to support our mental health and heal our trauma. We will explore:*

- How to integrate creativity into your life as an act of self-care, even if you don't identify as creative or artistic*
- The mental, physical, and emotional benefits of a creativity practice*
- Ways you can utilize creativity to help support your loved ones who are struggling with their mental health*
- How creativity and the arts can help you create meaning, manage stress, develop resilience, and improve your self esteem*

*Jane Thatcher Hahn is a Licensed Clinical Social Worker with over a decade of experience in both counseling and creativity coaching. She has worked in community mental health, private practice, and school settings as a social worker, and has taught music, writing, and creativity in a range of settings. She founded Grit Therapy which offers mental health services to Summit County and the surrounding areas.*

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. **NAMI High Country Colorado** is a local affiliate of NAMI Colorado. NAMI High Country Colorado's dedicated volunteers, members and leaders are helping to raise awareness, reduce stigma, provides essential education, advocacy and support for families and individuals in our community living with mental illness.

**Contact: NAMI HCC to find out more about NAMI Support Groups! Programs! And Training!**

[www.namihighcountryco.org](http://www.namihighcountryco.org) or leave a message at 970-718-2828  
[https://namihictryco@gmail.com](mailto:https://namihictryco@gmail.com)



To receive the link by email: [namihictryco@gmail.com](mailto:namihictryco@gmail.com)

Join Zoom Meeting

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Meeting ID: 867 9838 8966

Passcode: 659162

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