

# Make stuff. Feel better.

PeaceLove workshops use simple, creative activities to help get out what you're feeling, even if you have no idea what it is yet.

LEARN MORE: [PeaceLove.org](http://PeaceLove.org)



## MANDALA POETRY

Learn how to clear your mind and use mandalas to find your center. Afterwards, you'll put your experience into words through poetry.



## TRANSFORMATION COLLAGE

In this workshop you'll identify something you'd like to change, and depict that transformation through collage.



## DUAL EMOTIONS

In this workshop you'll create a piece of art that depicts a time you felt two different emotions at the same time, and how it made you feel.



## STORY SHOES

What's it like to walk in your shoes? In this workshop you'll share your unique journey, and learn about the paths of individuals in your community.

## More Details

**These workshops will meet at the Women & Infants Oncology Program office located at 668 Eddy Street, Providence. For information on upcoming workshops, including dates and times, please contact Nike Kendall at (401) 430-7106 or by email at [NKendall@wihri.org](mailto:NKendall@wihri.org).**