



National Alliance on Mental Illness

NAMI Schenectady

Join NAMI Schenectady For A Zendoodle Workshop!

October 15th at 6

Emmanuel Freidan's Church

218 Nott Terrace

Let's get out our sharpies and gel pens! Linda Sanchez will lead a group of peers as we zendoodle*!

***Zen doodling is a mindful, relaxing art form that involves drawing simple, repetitive patterns, shapes, and lines completed with an assortment of colors to calm the mind and reduce stress.**

Create your own designs or use a template in a supportive, non-competitive environment. Space is limited to ten.

All supplies and snacks are provided by NAMI

To Sign UP

Contact Linda at LunaGrrl74@gmail.com

Or the NAMI cell at

**(518) 986-9114 and leave your name and number no later than
Tuesday, October 13th**