

The Abington Social Library &
the Pomfret Recreation Department
PRESENTS

Coloring

for Adults

Free Program



Thursdays, 4:30—5:30 p.m. , June 2—July 7

Join us every Thursday for 6 weeks as we kick off our stress management series
at the Abington Social Library, 536 Hampton Road, Pomfret.

Supplies and refreshments provided. RSVP 860-974-1423

Coloring Invites Creativity And Brings Comfort

"Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness. Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety" - art therapist, Marygrace Berberian, NYU.