

NO LIMITS CREATIVE ARTS GROUP

Exploring yourself through the creative arts

Young adults who make their own decisions and are the authors of their own lives enjoy a better quality of life. But you can only make choices based on what you know. So how do you get to know your strengths, interests, and preferences?

If you are between the ages of 16 and 24, the No Limits Creative Arts Group can help you better get to know yourself while giving you exposure to the creative arts. Come join us—you might just find a new passion and make some friends along the way!



Come Join Our New Fall Series!

- ◆ October 18: Art Project Phase 1
- ◆ October 25: Art Project Phase 2
- ◆ November 1: Self-Reflection and Music (Parent Group)
- ◆ November 8: Harvest Cooking Project
- ◆ November 15: Pasta Perfection
- ◆ November 22: Holiday Desserts
- ◆ November 29: Jewelry Art
- ◆ December 6: Holiday Project (Parent Group)

**Parents are welcome to join us Nov. 1 and Dec. 6*

For more information, or to RSVP, please contact Susan Stroebel
at sstroebel@casacolina.org or 909/596-7733, ext. 4200.

