

Create Your Healing Vision Board: A Workshop for Mental Awareness Month

Celebrate Mental Health Awareness Month this May by crafting a vision board to inspire healing, hope, and forward-focused goals!

Location: 6105 W. St. Joe, Ste. 205, Lansing, MI 48917

Date/Time: Thursday, May 15, 2025, 5pm-6:15pm

Cost: \$5, plus bring your own poster board and a magazine to share

Registration: Required, Call 517-695-6160 or Email info@comeasyouarecounselingctr.com to reserve your spot!

Value: Gain tools to support mental health, connect with others and leave with a personalized vision board to inspire your healing journey.

Workshop Description: Bring your creativity and join us for an uplifting workshop where we'll create a **Healing Vision Board**-a visual tool to boost your mood, focus on your healing journey and envision an optimistic future. This workshop is for anyone navigating mental health challenges, medical treatments, or simply seeking inspiration. This workshop will guide you in crafting a personalized board filled with positive words, images and goals that celebrate You on a path towards healing. Share your inspiring words and images in a supportive group setting.

Purpose of a Healing Vision Board:

- ❖ **Boosts Mood:** Uplifts with positive imagery and affirmations
- ❖ **Focuses on the Future:** Encourages goal-setting and envisioning successes, rather than dwelling on setbacks.
- ❖ **Supports Healing:** Acts as a visual reminder of progress, especially during treatments or recovery.
- ❖ **Inspires Daily:** Reinforces constructive words, goals, and images to keep you motivated.
- ❖ **Engages Creativity:** Fun and colorful, with options for emojis, drawings, or magazine cutouts for all ages

Hosted by **Come As You Are Counseling & Consulting**, www.comeasyouarecounselingctr.com

