

# Stay Well

## CREATIVE COPING:

An art-based workshop for kids and parents

The Michigan Stay Well program presents a free interactive workshop series for parents and their kids

**Six Wednesday evening sessions from 6:30 to 7:30 p.m.**



Zeinab Moussa

It takes time for children to develop emotional intelligence — the ability to perceive, understand, and manage emotions. Parents can play a key role in this development by helping their child learn the words and feelings associated with various emotions. This series of six online workshops paves the way by involving family members in creative art projects centered around identity, self-awareness, and emotional expression.

The workshops will be led by clinical mental health counselor Zeinab Moussa, who has children of her own and loves to get families talking, especially while making art! Her professional background includes providing behavioral and mental health services, special education, and art education.

To participate, all you need is an Internet connection to Zoom and some white paper, scissors, and crayons, markers, or pen/pencil.

Register for as many sessions as you like! All are free of charge. [Click here to REGISTER](#) or visit [Michigan.gov/StayWell](https://Michigan.gov/StayWell).

### Dates and topics

- January 12 at 6:30 p.m. - [How I feel right now](#)
- January 19 at 6:30 p.m. - [Mind and Body Wellness](#)
- January 26 at 6:30 p.m. - [Connecting the Body with Emotions](#)
- February 2 at 6:30 p.m. - [Recognizing Emotional Responses](#)
- February 9 at 6:30 p.m. - [Emotional Connection Card Game](#)
- February 16 at 6:30 p.m. - [My Worry](#)

*Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.*

**STAY WELL**  
[Michigan.gov/StayWell](https://Michigan.gov/StayWell)