

4get-me-not Events



Art Attack

We introduced Art making for seniors and caregivers for a variety of reasons: exploring creativity, providing alternative way of communicating, expressing feelings of anxiety or depression and exploring grief and loss.

Some of our enjoyable group activities includes crocheting, sewing, clay molding and painting. Art reinforces the resiliency for seniors – the ability to create beauty or find hope amidst tragedy is life-affirming.

Sponsor Art Attack. Email: info@4get-me-not.org