



Date: **October 29th, 2024**
Time: **11:30AM-1:00PM**
Location: **Art Gallery**

About Our Event:

Join us for **"Be pArt"**, an inspiring event that blends **creativity with wellness**. In collaboration with the Art Faculty, Art Counseling team, Student Health Services and ECC Evolve, this event offers you the chance to express yourself through art and take part in a discussion on self-compassion.

Whether you're an artist or just curious, Be pArt provides a space to connect, reflect, and prioritize your mental well-being. Be pArt of something transformative—create, reflect, and grow with us!



REGISTER HERE

bit.ly/bepArtevent

Event Highlights:

Connect with Academic Counselor

Get quick advice from a counselor and book an appointment on the spot.

Self Compassion Process Group

Join psychologist, Dr. Kwon, for a group discussion on the power of self-compassion

Art Activity

Collaborate with fellow students to create art that symbolizes growth, connection, and community.

Therapy Dogs

Meet our therapy dogs, who will offer comfort, and watch them perform tricks

Free Refreshments

Fuel your creativity with complimentary snacks and drinks while you create and connect.



El Camino College
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