



Roots & Reflection

Art and Nature Therapy Group

We welcome students to explore creativity, mindfulness, and connection to nature as tools for stress relief and emotional grounding. Through guided art-making and reflective activities, participants will strengthen coping skills, self-reflection, and emotional well-being.

Sessions are on Tuesdays starting
March 3rd - May 23rd
@ 1pm – 2pm in the Health Center

For more information or for
accessibility-related questions, please
contact SHS at 310-660-3643.