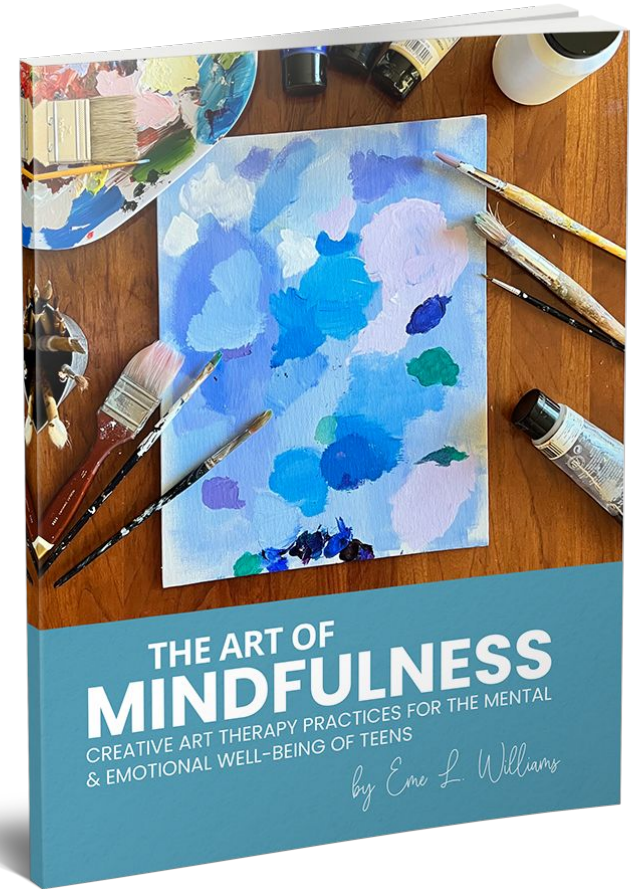




The Art of Mindfulness

creative art therapy for teens

Contra Costa Mental Health Commission Meeting
Presented by Eme L. Williams
May 1, 2024



9 year-old Eme,
trying to manage
anxiety at the
start of her race



Introduction

Hi, I'm Eme and like many others, I suffer from performance anxiety in sports and academics.

I am fortunate to have the support and resources I need to help manage my anxiety, but many teens don't.

This book has been created as a **free resource** for teens and others to help them manage their anxiety.

This project was created with input from clinicians at the *Discovery Counseling Center of the San Ramon Valley*. Printed copies of this book will be donated for their use with clients.





What is Art Therapy?

01.

Creative Therapy Alternative

It's a great alternative for patients who are not ready for the talk therapy stage or are uncomfortable talking about their anxiety.

02.

Healthy Coping Method

Art therapy teaches people to manage anxiety through mindfulness, which is the ability to be fully present of yourself (feelings) and surroundings.

03.

Easy and Affordable

No art experience or talent is needed for self-expression! And it can be self-guided without the aid of professional clinicians.



01.

You're Invited

As individual community members, come support Discovery Counseling Center and this ***free*** resource at the Book Launch Event on **Sunday, May 19, 2024**. If you'd like, help host an art activity!

Event will be held during the **Devil Mountain Run**, a fundraiser that benefits the Discovery Counseling Center.

02.

Promotion

Please connect with me to help amplify my posts about the book launch and the availability of this free (electronic) resource.

www.linkedin.com/in/emewilliams

03.

Questions

Don't hesitate to contact me if you're interested in participating or have any questions.

emewilliams.2026@gmail.com



Thank you

Contact Me

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