

PRESENT

ADJECTIVE

1. (OF A PERSON) IN A PARTICULAR PLACE. *PARTICIPANTS MUST BE PRESENT FOR COMMUNITY.*
2. EXISTING OR OCCURRING NOW. *SHE LOVES HER PRESENT SITUATION.*

NOUN

1. THE PERIOD OF TIME NOW OCCURRING. *MINDFULNESS ENCOURAGES A FOCUS ON THE PRESENT.*
2. A GIFT *THANK YOU FOR THE PRESENT!*



JOIN US THIS SUMMER FOR A WORKSHOP SERIES DESIGNED TO PROMOTE EMOTIONAL WELL-BEING!

WHAT: Work alongside youth with the St. Louis City Family Court Summer Initiative to create thousands of simple, pattern-based drawings that we will gift to unexpected locations in St. Louis!

WHEN: 10-12 pm Wednesdays, June 13th-August 8th (except July 4th)

WHERE: 6501 Wydown Blvd at First Congregational Church

HOW: Email with the date(s) you can join.

Please write in subject line: SUMMER ART WORKSHOP

WHY: Create community, practice self care, work with an artist, make simple drawings, learn from others and share your gifts.

FUNDED BY THE GEHARDT INSTITUTE FOR CIVIC AND COMMUNITY ENGAGEMENT, THE WORKSHOPS ARE LED BY ARTIST ADRIENNE OUTLAW IN COLLABORATION WITH THE WASHINGTON UNIVERSITY DEPARTMENT OF PSYCHIATRY. AT THE CONCLUSION OF THE SUMMER, WE WILL EXHIBIT SELECT DRAWINGS AT THE FARRELL TEACHING CENTER IN THE MEDICAL SCHOOL AND HOST A PANEL TO DISCUSS OUR FINDINGS.

PRESENT FAQs

Q: WHAT EXACTLY WILL WE BE DOING?

A: 10-12 pm each Wednesday, June 13th - August 8th (except July 4) we will get to know ourselves and others. To do this we will first meet other participants. A yogini will lead us in a short yoga/mindfulness exercise designed to get us into the flow. Then, making one mark at a time, we'll make simple, pattern-based drawings based on natural items provided. As we draw, we'll listen to a guided meditation. We wrap up each workshop by sharing our drawings. We'll conclude with participants choosing which of their drawing(s) to gift to select locations in St. Louis.

Q: DO I NEED TO KNOW HOW TO DRAW?

A: No! The drawings are pattern based and simple. The goal is to use them as a way to relax and see how less can be more, not make a masterpiece.

Q: IS THE WORKSHOP OPEN TO ANYONE OR JUST THE WASHINGTON UNIVERSITY DEPARTMENT OF PSYCHIATRY? CAN I BRING A FRIEND?

A: The workshops are open to all. We'd love as many participants as possible from the Wash U community! Just let us know how many to expect.

Q: CAN I SIGN UP FOR THE WHOLE SUMMER?

A: Yes! We'd love for you to get the whole experience.

Q: I'M TRAVELING THIS SUMMER. I WANT TO JOIN, BUT CAN'T FOR ALL SESSIONS. CAN I STILL ATTEND ONE/SOME?

A: Yes! Drops in are welcome. Just let us know when to expect you.

Q: YOGA. I DON'T HAVE YOGA CLOTHES AND DON'T KNOW MUCH ABOUT IT. WHAT SHOULD I WEAR? WILL IT BE WEIRD?

A: Wear whatever you normally wear -- we're not going to do hard poses. The yoga/mindfulness portion is just a way to warm up, meet others and get into the groove. It may be strange for the first 2 minutes, but then should be fun, energetic and relaxing all at once (great huh?)!

Q: THIS IS SO GREAT! I'D LOVE TO PARTICIPATE ON A DEEPER LEVEL! CAN I?

A: Yes! There is a lot of behind the scenes work to do before/during and after the workshops and the more the merrier! Just get in touch and let's talk.