

# Release & Renew ~ Transforming Stress into Creativity

*with Amy*

*Explore how creativity can help release stress and transform difficult emotions into positive expression.*

Engage in a creative expression activity using drawing, writing, or color to represent stress or tension. The artwork is transformed through tearing, painting, or collage into creative pieces that represents renewal, growth, or positive change.

Thursday, June 25, 2026  
6:00pm-7:30pm

5 Spiral Drive Florence, KY 41042  
859-538-1620 | [Jenny.smith@familynurture.org](mailto:Jenny.smith@familynurture.org)



Family Nurturing Center



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