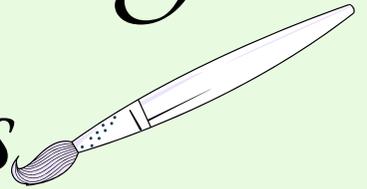


**The Dragonfly Art for Life Studio  
&  
Lighthouse Psychological Services...  
A Beacon of Light Inc**

*Presents...*

*Peace and Harmony  
Wellness Series*



**A Creative Arts Wellness Program**



**Download Brochure**

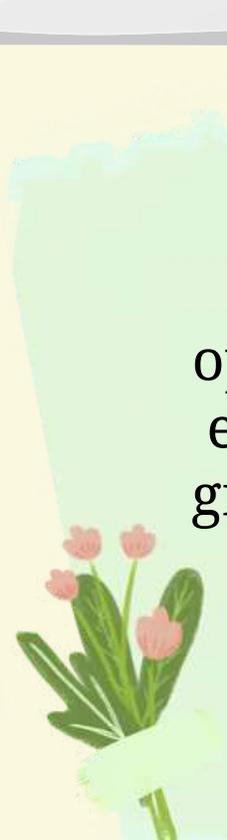




# About the Program

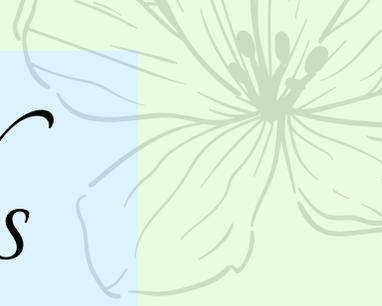
**Peace and Harmony is an arts and wellness program offering various six-week series to children and adults covering topics on emotional wellbeing, parenting, and relationships.**

This unique program fuses the creative and expressive medium of art with evidence-based concepts and experiential practices that mental health and psychology professionals use.



Our space fosters opportunities for self-expression, personal growth, connections, improved self-awareness, and healing.

# How the Program Works



## SESSION STRUCTURE

Each session is structured as a safe space to get in touch with one's inner feelings and thoughts, igniting the participant's power to move through this world with a better understanding of self and creating a new appreciation and connection with others.



## THE ART EFFECT

Art creates clear, less threatening means to identify and process emotions and patterns of thinking and behaviors for adults and children.

**Art impacts learning, engages the senses, develops cognitive, social-emotional, and sensorimotor skills. Art is a cooperative learning experience that provides pleasure, challenge, and mastery.**

Additional benefits of art:

- Develops expressive and reflective skills that enhance writing
- Promotes print awareness and spatial relations
- Enhances visual literacy and verbal creativity
- Supports scientific observational skills, inquiry, inspiring questions, and curiosity



*"Art enables us to find ourselves as well as lose ourselves at the same time."*

*-Thomas Merton*



# Program Offerings



## Topics

Anxiety  
Stress  
Trauma  
Healing  
Connection  
Relationships  
Self-Compassion  
Self-Esteem  
Mindfulness  
Resilience  
Change  
Parenting  
Problem Solving  
Anger Management  
And many more!



## Art Styles

Drawing  
Watercolor Techniques  
Acrylic Painting  
Social-Emotional  
learning through Art  
Character Development  
Mixed Media  
Textiles



# Meet Your Facilitators

## Barbara Alvarado

Barbara Alvarado is the founder of The Dragonfly Art for Life and the Dragonfly Art and Wellness Center. She currently works as an administrator and teacher for both facilities. She has degrees in art and child development and holds a master's degree in education with a focus on Art in Education. Barbara has also been recently certified in art therapy and is eager to use her knowledge and expertise to help support both children and adults in her community.

Barbara is passionate about her role in bringing art and healing to the community as she shares art techniques in addition to activities to promote wellness and social-emotional learning using art as a foundation to express oneself.



## Dr. Shontinese Huey

Dr. Shontinese C. Huey, Psy.D is a native of California's Central Valley and a former Division I collegiate athlete. Dr. Huey is the founder and owner of Lighthouse Psychological Services... A Beacon of Light Inc., located in Modesto, California, where she works with young children, tweens, and parents.

Dr. Huey brings an exceptional blend of high energy, creativity, compassion, and solution-focused interventions to families, schools, and youth-focused community-based organizations with over 25 years of clinical experience with children-related issues.



*"Great things are done by  
a series of small things  
brought together."*

*- Vincent Van Gogh*

*"I found that I could say things with  
colors and shapes that I couldn't say any  
other way-things I had no words for."*

*- Georgia O'Keeffe*



# Contact Us to Get Started

**Location:**

Dragonfly Art for Life  
1210 J Street, Modesto, CA 95354



*The Dragonfly for Life*  
Barbara Alvarado  
**Phone:** 209.916.4489



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A Beacon of Light Inc.*  
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