

# Recovery Cafe

## Living a New Life

The Mental Health Awareness and Creative Arts Gallery presents a free, innovative arts program. These weekly art/recovery classes are



based on the eight dimensions of wellness. Art assignments are given which lead the student into a deeper connection with wellness and recovery. The work done in class is published in a bi-monthly newsletter. Classes begin Thurs., Nov. 16, 2023, from 3:00pm to 4:00pm at the gallery and enrollment is rolling.

717 Columbia Street, Hudson, NY 12534. All art supplies and coffee are free.



Designer and artist Jesse Sanchez is a graduate of the Cooper Union for the Advancement of Science and Art in NYC and a NYS certified provisional peer specialist that uses his art skills to work with individuals recovering from mental illness and substance abuse. The Mental Health Awareness and Creative Arts Gallery, a 501 (c)(3) nonprofit, has a variety of artwork on display by people in recovery from serious mental health issues and serves as a recovery and support resource center for the public. Sign up: [jsanchez.mesharpe@gmail.com](mailto:jsanchez.mesharpe@gmail.com) (914) 409-7300 or <https://forms.gle/mc1WmcreawBXfFs8>  
<https://www.jsanchezart.com/> <https://stigmafree.art/>

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