



HELLO. BELONGING.



## ROCK PAINTING!

Spend an evening creating a gift or keepsake AND connecting with friends! Common Ground Society is hosting a rock painting class for teens and adults with disabilities.

Saturday: March 2nd  
12 - 2 PM (bring lunch if you want, light snacks will be provided)

**REGISTER HERE!**

## WELCOME HEATHER FANNING!

Heather is a seasoned Arts & Crafts expert enthusiast! Her mantra is "I don't think it matters that much about talent, as much as about enjoyment and that process." Furthermore...arts and crafts "are a wonderful way to express yourself"

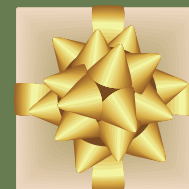
Common Ground Society  
85 Brookwood Ave. #12  
Santa Rosa, CA 95404

### THEN BENEFITS OF ROCK PAINTING!

- Relaxing and stress-relieving: Rock painting is a great way to de-stress and relax. The repetitive motions of painting can be very calming, and it can be a great way to escape from the everyday hustle and bustle.
- Boosts creativity: Rock painting is a great way to express your creativity. There are no rules in rock painting, so you can let your imagination run wild and create whatever you can think of.
- Builds confidence: When you create something beautiful, it can give you a real sense of accomplishment. Rock painting is a great way to build your confidence and self-esteem.
- Fun for all ages: Rock painting is a great activity for people of all ages. It is a great way to spend time with family and friends, and it is a great way to get kids interested in art.

### IN THIS CLASS YOU WILL LEARN

- The basics of rock painting, including how to choose the right rocks, prepare them for painting, and select the right paints and brushes.
- Different rock painting techniques, such as dot painting, mandala painting, and stenciling.
- How to create your own unique designs.



A ROCK THAT YOU HAVE  
PAINTED YOURSELF MAKES A  
UNIQUE AND THOUGHTFUL  
GIFT!