



## **CONNECTIONS FOR YOUNG PEOPLE**

~CONNECTING TODAY'S YOUTH TO THEIR SURROUNDINGS  
THROUGH ART, INSIGHT AND COMMUNITY~

**PURPOSE:** Through creative innovative-art activities, participants will explore how to integrate mindful practice techniques to enhance their daily lives. Explore your skills in a fun filled relaxing environment while learning ways of coping with feelings and developing skills for personal insight.

**Means:** Students will create art for the Meriden Y Arts Center walls by creating murals and stained glass mosaics.



Session 1: July  
14-18

Session 2: July 21- 25

Time: 9:00-12:00 daily

Ages : 13 and up

Cost \$115.00 per session

Instructors: Chris Webster and Lauren  
Corrazini

To register:

1. stop in Gallery 53, 53 Colony St.
2. download class form from website
3. contact the Gallery  
[gallery\\_53ct@gmail.com](mailto:gallery_53ct@gmail.com)

**Meriden YMCA**  
110 West Main St.  
Meriden CT  
203-235-6386  
[www.meridenymca.org](http://www.meridenymca.org)

**Gallery 53**  
53 Colony St.  
Meriden, CT  
203-235-5347  
[www.gallery53.org](http://www.gallery53.org)