



## How Can Coloring Help Me?

Coloring can:

- Help you feel less stressed.
- Be used to help you relax and feel calm.
- Take your focus away from negative thoughts.
- Help you focus to feel better when you are worried.
- Help your brain with problem-solving.
- Help you express your feelings.
- Be fun! And it's not just for kids!



**“Art washes from the soul the dust of everyday life.”**

**— Pablo Picasso**



For more information or to file a grievance, please contact:

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