



# Gratitude

## AN EACC VIRTUAL ART GROUP

Life is full of obligations, planning and checklists. In the midst of this stress, it is important to take stock of the things for which we are grateful. In this session with EACC Counselor Carrie May, participants will create a Gratitude Tree to help them remember what they are thankful for and process those memories, feelings and emotions. *No art experience needed.*

### **WHEN & WHERE:**

**Wednesday, November 27,  
1 to 2 p.m., via Zoom**

### **WHO:**

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate households.

### **MATERIALS:**

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

### **REGISTRATION:**

Email [carriemay@uabmc.edu](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.



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