

OTHER RESOURCES

Day 2 Visual/Creative Arts and Grief:

- **More from Chelsea Derossi**
 - Visit her Website: www.oneheartcounselingcenter.com

- **More from L'Atelier**
 - Visit their website: [Welcome to L'Atelier - Where Dreams Are Knit](http://www.latelier.com)
 - Use code "WELL" for 20% off at L'Atelier through November 2020
 - Join their Wellness Knit Along here: https://store.latelier.com/Wellness-Knit-Along_p_2574.html

- **More from Paint:Lab:**
 - Visit their website: <https://paintlab.net/>
 - Supplies needed for Week of Wellness activity:
 - Canvas (12 x 12 seems like a good choice, but any size will do)
 - Acrylic Paints (red, blue, yellow, green, purple, orange, black, white)
 - Brushes (small for detail, medium and large)
 - Water to rinse brush between colors
 - Use code "ourhouse" for 15% off through September 30
 - Learn more about Oana Miller: <http://voyagela.com/interview/meet-oana-b-miller-paintlab-santa-monica/>

- **Art with Heart Resources From the Eluna Network:**
 - <https://elunanetwork.org/resources/art-therapy-the-why-and-how-from-art-wtih-heart>

- **Additional resources:**
 - Coloring your way through grief:
 - <https://www.facebook.com/OurHouseGrief/posts/10154821491774337>
 - <https://www.facebook.com/solasmontana/photos/a.178424553602040/178403156937513>
 - Grief Art Journal: <https://whatsyourgrief.com/grief-art-journal-activity-for-grievers/>
 - Doodling and Art: <https://www.bbc.com/news/uk-45893376>
 - Doodling your way to a more mindful life:
<https://www.psychologytoday.com/us/blog/arts-and-health/201401/doodling-your-way-more-mindful-life>