

# Individuality Workshop, Sip and Paint Party

## benefiting One Human Family QCA



**Sunday, April 30, 2023**

**3:00-5:30 p.m.**

**Metropolitan Community Church**

2930 West Locust St., Davenport, IA

**Art, self-reflection and expression go hand-in-hand.** Join us for an afternoon of creative discussion and painting. While we paint, we will have discussion about words and phrases that represent something to us as individuals. We can speak to how these words and phrases affect us in an open, safe, positive, encouraging and non-judgmental environment. Discussion is optional to the participant. The hope is that we can look inside ourselves, express our thoughts and feel seen and heard by other participants. In the process, we can strive to learn a little more about each other and those in our community.

**All supplies to paint one canvas are included with each registration.** No prior painting experience is required. Final project will be a 20x16 stretch canvas panel.

Refreshments will be available. Participants also are allowed to bring their own food and drink.

**All ages and abilities are welcome!** You may paint individually or partner with a friend, child, grandchild or any special friend. All children under the age of 14 must be accompanied by an adult.

## REGISTER TODAY!



Scan the QR code to register or go to  
[www.eventbrite.com/e/572085401837](http://www.eventbrite.com/e/572085401837)

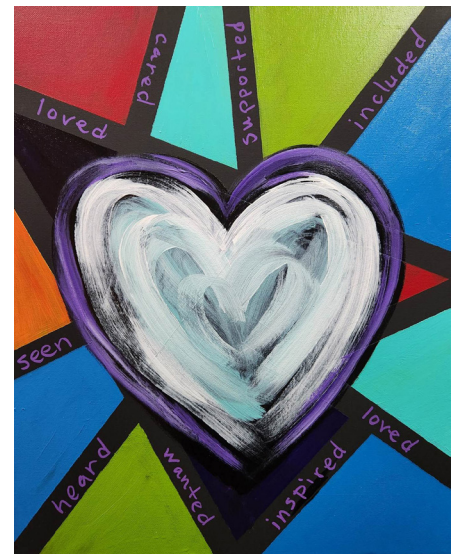
**\$35 PER REGISTRANT**

HOSTED BY



SHEILA BOYD  
SB ORIGINALS

SAMPLE PAINTING



Non-participating guests are allowed to be with the participant. Payment required during registration. Refunds not available unless under extreme circumstances.

More paint party info at  
[sheilaboysborginals.com](http://sheilaboysborginals.com)