

Coloring for Adults

Free Program



Thursdays, 3:00—5:00 p.m.

Join us on Thursdays!

Abington Social Library, 536 Hampton Road, Pomfret.

Supplies provided.

Coloring Invites Creativity And Brings Comfort

"Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness. Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety" - art therapist, Marygrace Berberian, NYU.