



Grief can be painful, confusing, powerful, and life changing. It doesn't go away by ignoring it. These sessions offer ways to acknowledge and listen to grief, and find ways to express through arts and craft activities.

## Honoring Grief & Self-Care

Every third Wednesday of the month

9:30 – 11:00 a.m.

\$10 donation for art supplies

Downtown Art Center, 1031 B Nuuanu Avenue  
On Nuuanu between Hotel and King St. Across from Tea at 1024

Facilitated by Felicia Marquez-Wong, L.S.W., C.T.

July 17, 2019

August 21, 2019

September 18, 2019

October 16, 2019

November 20, 2019

December 18, 2019

**Registration required with [FeliciaMW808@gmail.com](mailto:FeliciaMW808@gmail.com)**

For more information, call Sandy (808) 521-1812

Sponsored by

Hawaii Donor Family Council a Constituents Group of the National Kidney Foundation of Hawaii  
Legacy of Life Hawaii, Creative Arts Experince, Hawaii Lions Eye Bank and Makana Foundation

**Municipal Parking lots: Daytime fees \$1.50/hour for the first 2 hours and \$1.50 per half hour thereafter**

Chinatown Gateway, entrance on Bethel Street, across from WalMart, between King & Hotel;

Kukui Plaza, entrance on Kukui Street behind Pali Long;

Smith Beretania, entrance on Beretania below Nuuanu;

Maunakea St., Parking lot, entrance on Maunakea between Hotel and King St.